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Cops issue coyote alert in east end

ATTACK Police are warning people to keep a close eye on their kids and pets after a dog was attacked by two coyotes in the east end. Patricia Hornyak says she fought off two coyotes after they bit her Labrador in the ears and leg.

The attack took place Saturday on the Doris McCarthy Trail near Bluffer's Park in the Brimley and Kingston roads area.

Toronto police Sgt. Jeremy Hayes said officers saw coyotes in a nearby ravine Sunday and said parents should keep a close watch on their kids. THE CANADIAN PRESS

News on the Move
What's this barcode for?
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Vancouver Games
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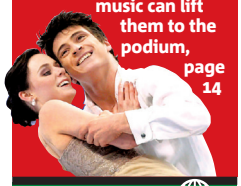
• Today — Skaters hope music can lift them to the podium, page 14



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Hockey

Thumbs up for Lucky Loonie

DAVID COOPER/TORSTAR NEWS SERVICE

Jack LaPalm, 9, from Stirling, Ont., stands beside Don Cherry yesterday at the Hockey Hall of Fame as he touches the "Lucky Loonie," which was buried in the ice when Canada won hockey gold at the 2002 Winter Olympics in Salt Lake City. The loonie will be on display this month for people to touch at the hall of fame. More coverage, page 13

Warning bell

Union sets Feb. 11 deadline for college teachers strike

The union for Ontario's community college teachers has set a Feb. 11 strike deadline in a move that would curtail classes for at least 200,000 full-time students unless a deal is reached before then.

"We are prepared to find alternatives that can keep the students in class and let the parties resolve their differences," said Ted Montgomery of the OPSEU bargaining team, which represents about 9,000 faculty members.

Key issues

• College management has said the latest offer is better than previous ones because it shortens the contract to three years, instead of four, and offers a salary increase of 5.9 per cent — which would raise the top pay for a teacher to more than $102,000 by September 2011. Key issues for the union are workload, academic freedom and management's decision in November to impose its offer on the teachers without a vote.

The move comes after the union rejected a "final" offer from the colleges last week and refused to take it directly to teachers for a vote.

A spokesman for the 24 colleges said they would "seriously" review the union's proposal before making a decision, but were disappointed OPSEU opted to set a deadline rather than put the colleges' final offer directly to faculty for a vote. THE CANADIAN PRESS

Slowpokes could live longer: Study

RESEARCH Every hour spent behind the wheel represents a 20-minute loss in life expectancy because of the risk of being involved in a fatal motor vehicle accident, say researchers, who calculate that even a slight reduction in speed may save lives.

"When drivers try to speed to get to their destination faster, they actually lose more time because the savings from faster travel are offset by the increased prospect of a crash," said lead investigator Dr. Donald Redelmeier, a physician at Sunnybrook Health Sciences Centre.

"The 20-minute penalty for each hour spent driving ... is completely invisible to most drivers. But it is there lurking ... and at the end of the year, it adds up to about 45,000 deaths." (About 3,000 people in Canada and almost 42,000 in the U.S. die in motor vehicle accidents each year.) THE CANADIAN PRESS

3

A study with co-author Dr. Ahmed Bayoumi recommends that easing back on the pedal even a bit could pay significant dividends over time. "The estimates suggest that slowing down slightly by about three kilometres an hour would cost average drivers about three minutes daily in trip time, but save them about three hours annually in overall survival," he said.

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Local

Barrie calls it quits

Andy Barrie, the longtime host of CBC-Toronto's morning radio show, has announced he's leaving the program. Barrie, left, will quit his post at Metro Morning as of March 1. He'll continue to work for the CBC. Barrie has hosted Metro Morning — which airs weekdays from 5:30 to 8:30 a.m. — for 15 years.

THE CANADIAN PRESS

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INDEX

Canada Pg 4
World Pg 5
Comment Pg 7
Business Pg 8
Sports Pg 12
Celebrity Buzz Pg 37

Tomorrow's Metro

West View
Paul Sullivan brings the West's perspective on Canadian events to Metro's pages.

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Video Folk icon Kate McGarrigle honoured in song as hundreds attend Montreal funeral at **metronews.ca/canada**

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Factories to reopen as classrooms?

Using shuttered factories and stores as college classrooms to ensure as many would-be students as possible are accommodated this fall is an idea that can't be dismissed out of hand, Premier Dalton McGuinty said yesterday.

With applications to Ontario colleges projected to be up by almost 15 per cent, with a 23 per cent jump in applications from non-high school students, the Opposition is calling for such unorthodox steps to address what it calls a "crisis" created by the government.

"I haven't had a chance to talk to the folks within the ministry, in particular the minister," McGuinty said when asked about the scheme. "It's an interesting idea and I think it would be irresponsible of me to reject it out of hand."

Yesterday was the deadline to apply to Ontario colleges for the year beginning Sept. 6, and the Progressive Conservatives said the government has failed to properly plan for a big increase in the number of applications from unemployed workers.

"Mr. McGuinty is to blame for this unprecedented situation we're in now," said Tory critic Jim Wilson. "It's the first time in several generations that those young people that want to go to college may not have the opportunity to do so."

> **"It's an interesting idea and I think it would be irresponsible of me to reject it out of hand."**
> Premier Dalton McGuinty

The final number for college applicants won't be known for a few days. The non-high school applicants are mainly people who've lost their jobs.

THE CANADIAN PRESS

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Health **Looking for a saving grace**

RICK EGLINTON/TORSTAR NEWS SERVICE

Grace Hospital staff gather behind the Church Street location at noon yesterday in support of saving the hospital. Ontario Health Minister Deb Matthews has called a meeting with a hospital official to help find a way to save the facility.

Taking aim at immigration fraud

CLAIMS Immigration Minister Jason Kenney says citizenship fraud is a problem and efforts are underway to ensure only legitimate applications get through.

He made the comments in Ottawa following a report about an RCMP investigation into a case involving more than 300 allegedly fraudulent claims.

Media reports say the case centres around a Mississauga address where a number of immigration applicants claimed to reside. The address in question is a commercial building. No tenants actually live there.

Kenney refused to comment on this particular case, but says a number of these investigations are ongoing across the country.

He says his ministry is developing ways to flag these types of obvious cases of fraud.

He attributes the problem in part to bureaucracy which makes it hard for different government departments to share information. THE CANADIAN PRESS

News in brief

HAITI About two dozen members of Toronto's Haitian community turned out for a March for Hope for Haiti yesterday to draw attention to ongoing needs in the earthquake-stricken country. Organizers had expected a larger crowd of about 200 people to march from Toronto City Hall to the Ontario legislature for prayers and speeches. The demonstrators want Ottawa to widen the definition of family class so they can sponsor more extended family members from Haiti.

THE CANADIAN PRESS

MORE COVERAGE, PAGE 6

Tentative labour deal reached between Xstrata, union
Nickel miner Xstrata has reached a tentative labour agreement with its workers in Sudbury, averting a possible strike. THE CANADIAN PRESS

Canada

UFO likely jetliners: Researcher

A UFO researcher and author from Finland says mysterious objects seen over Newfoundland last week were likely jetliners catching the winter sun. Bjorn Borg, a retired economist who has written several books on UFOs, studied photos taken over Harbour Mille on Newfoundland's south coast. He says he has documented more than 20 other mistaken rocket or missile sightings around the world. THE CANADIAN PRESS

Put me on trial again: Phillion

COURT After spending almost 32 years behind bars for a murder he says he did not commit, Romeo Phillion has returned to court a free man.

And he came with an unusual request — to be charged for the murder once again so he could plead not guilty and finally clear his name.

Phillion, 70, says: "I might not be an angel, but I'm no killer."

The Ontario Court of Appeal last year overturned Phillion's murder conviction for the 1967 stabbing death of Ottawa firefighter Leopold Roy.

It ordered a new trial, but the court made it clear it had not concluded Phillion is innocent.

Phillion's lawyer James Lockyer argues that instead of allowing prosecutors to simply withdraw the murder charge, the court should order his client arraigned so he can plead not guilty and be acquitted.

SEAN KILPATRICK/THE CANADIAN PRESS

Romeo Phillion is seen during a break in his appeal trial yesterday at a courthouse in Ottawa. Phillion, who is asking to be exonerated, served nearly 32 years in prison for the 1967 stabbing death of an Ottawa firefighter.

The court will hear several more days of legal argument before making a ruling. THE CANADIAN PRESS

Three suspended at embattled rights agency

Three senior managers at a government-funded rights agency rocked by allegations of Conservative meddling have been suspended, including one of its longest-serving employees.

A well-placed source with the organization told The Canadian Press that Marie-France Cloutier, Razmik Panossian and Charles Vallerand were suspended with pay from Rights and Democracy late Friday, and told they were the subjects of an internal investigation.

The three were among the staff that had earlier declared non-confidence in the Conservative-appointed chairman and two board members.

Cloutier, the resource and administrative director, has been with the organization since 1990, working alongside first president and former NDP leader Ed Broadbent.

The independent agency has been in turmoil for the last year, but the problems came to a head earlier this month when president Remy Beauregard died of a heart attack following a tense board meeting.

Beauregard had been in a struggle with three other board members over the direction of the agency. THE CANADIAN PRESS

News in brief

LEPINE Jean-Claude Rochefort, a Quebec man allegedly behind an anti-feminist blog that allegedly glorifies Polytechnique killer Marc Lepine, wants to get out of jail.

KIDS Michael Ignatieff says a Liberal government would pour money into child care and early-childhood education, no matter how massive the federal deficit may be. THE CANADIAN PRESS

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SCAN.LIFE

A new poll suggests Harper may be in trouble as Liberals gain traction in key ridings. Scan this code for the story.

Obama to visit South Asia, Australia
U.S. President Barack Obama will make his first international trip of the year in March, visiting Indonesia and Australia. THE ASSOCIATED PRESS

World

Climate pledges will fall short of goal: UN official

The greenhouse gas goals announced by the nations responsible for most emissions are insufficient against the disastrous effects of climate change, a UN official said yesterday.

Janos Pasztor, Secretary General Ban Ki-moon's top climate adviser, said the goals, submitted to the UN as part of a voluntary plan to roll back emissions, make it highly unlikely the world can prevent temperatures from rising above the target set at the Copenhagen climate conference in December.

"It is likely, according to a number of analysts, that if we add up all those figures that were being discussed around Copenhagen, if they're all implemented, it will still be quite difficult to reach the two degrees," Pasztor told the Associated Press.

The "two degrees" refers to the Copenhagen target of keeping the Earth's average temperature from rising two degrees Celsius above preindustrial levels.

"The negative part is that it's not good enough. The positive side is that for the first time, we have a goal, a clear goal that we're all working toward ... Before we would just talk."
UN climate adviser Janos Pasztor

"That is the bottom line, but you can look at it negatively and positively. The negative part is that it's not good enough," he said. "The positive side is that for the first time, we have a goal, a clear goal that we're all working toward, and we know what the commitments are.

"Before we would just talk."

Pasztor said some 50 nations — including China, the United States and 27-member European Union — sent in their commitment letters by yesterday's deadline set at the Copenhagen climate conference in December. More such letters were expected to continue trickling in over the next several days.

China has pledged to reduce its emissions growth — not make absolute cuts — by up to 45 per cent from 2005 levels by 2020. India also pledged to reduce emissions growth by up to 25 per cent from 2005 levels by 2020.

The United States stuck to President Barack Obama's pledge to cut its absolute carbon emissions by about 17 per cent by 2020 below 2005 levels.

UN officials consider the accord a political tool for trying again to negotiate a binding climate treaty at the UN climate conference in Mexico City at the end of this year. THE ASSOCIATED PRESS

India **Show of cultures**

MANISH SWARUP/THE ASSOCIATED PRESS

A tourist from Tajikistan dances with traditional dancers from Punjab during the opening ceremony of the Suraj Kund crafts fair in New Delhi yesterday. The annual fair attracts artisans from several Asian countries that showcase their traditional crafts and culture.

News in brief

IRAQ A female suicide bomber detonated her explosives inside a way station for Shiite pilgrims yesterday, killing 54 people and rattling security officials who are struggling against a possible rise in violence before key general elections next month. The attack in Baghdad was the third major strike by suspected Sunni insurgents in a week. THE ASSOCIATED PRESS

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Four NATO service members killed yesterday

Four NATO service members — one American, two British and one Spanish soldier— were killed in action yesterday, the deadliest day for the international force in Afghanistan in more than two weeks. THE ASSOCIATED PRESS

U.S. army resumes medical evacuations

Haiti
Crisis

The U.S. military has resumed urgent medical evacuation flights for Haitian quake victims, an official announced yesterday, and life for survivors took a step toward normalcy as many schools reopened for the first time since an earthquake devastated the nation.

U.S. Army Col. Gregory Kane said a medical evacuation flight left Haiti for the United States Sunday night, almost five days after the flights were suspended by squabbling over space and health costs at American public hospitals.

"They have resumed," Kane said. He said he had no details.

The U.S. military had another plane ready to go yesterday with a capacity for 15 patients, said the chief medical officer at the University of Miami field hospital in Haiti, Dr. Mike Sheehan.

"We have a list of seven people who would probably die within 48 hours if they don't get out of here," he told The Associated Press.

The White House said it was resuming the military airlift of critically injured earthquake victims after being assured that additional medical capacity exists in U.S. hospitals. The halt of flights on Wednesday worried doctors in Haiti who said hundreds could die without specialized care.

Many public schools reopened yesterday for the first time since the Jan. 12 earthquake, but most were still closed even in outlying provinces where damage was minimal. And in the capital, schoolchildren will likely be on the streets for months, government officials warned.

The government said yesterday it expected most provincial schools to reopen by Feb. 8 — instead of yesterday as anticipated by many families.

Anne Rose Bouget, a primary school teacher in the southwestern city of Les Cayes, said schools reopened there with more students than usual because some 300,000 people, including many schoolchildren, fled Port-au-Prince after the quake. THE ASSOCIATED PRESS

ARIANA CUBILLOS/THE ASSOCIATED PRESS

A U.S. Army soldier of the 82nd Airborne Division watches as women leave an aid distribution site carrying sacks of rice on their heads in Port-au-Prince yesterday.

U.S. Baptists

- Haiti's prime minister said yesterday it's clear to him that the 10 U.S. Baptists who tried to take 33 children out of his quake-ravaged country without permission "knew what they were doing was wrong." But Prime Minister Max Bellerive also told The Associated Press his country is open to having the Americans go before courts in the United States because his own nation's judicial system was devastated by the Jan. 12 earthquake.

Iran judiciary chief refuses to bend law for activists' executions

TEHRAN Iran's judiciary chief said yesterday he will not give in to political pressure to speed up the execution of opposition activists.

Ayatollah Sadeq Larijani said some in Iran's ruling hard-line establishment are pushing the judiciary to step beyond the law in the crackdown on Iran's defiant opposition. Authorities have been unable to crush the opposition movement, which began by protesting President Mahmoud Ahmadinejad's disputed re-election in June and has since gone on to challenge the Islamic establishment backing him.

On Thursday, Iran carried out the first executions in a mass trial that began in August of more than 100 activists, former government leaders and others accused of playing a role in the postelection turmoil or plotting to topple Iran's system of clerical leaders.

Authorities hanged two men convicted of belonging to outlawed groups and plotting to overthrow the Islamic establishment that has ruled Iran since the Shah's ouster in 1979. Larijani said political motives should not influence the investigations. THE ASSOCIATED PRESS

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Obama moves NASA from moon trip to research

SPACE President Barack Obama is redirecting America's space program, killing NASA's $100 billion plans to return astronauts to the moon and using much of that money for new rocket technology research.

The moon plan, which NASA had already spent $9.1 billion on, was based on old technology and revisiting old places astronauts had already been, officials said. The previous NASA chief, in selling the old moon plan, had even called it "Apollo on steroids." The rockets were based on space shuttle boosters.

"Simply put, we're putting the science back into the rocket science at NASA," White House science adviser John Holdren said at a budget briefing yesterday.

The $4 billion that NASA spends yearly on human space exploration will now be used for what NASA and White House officials called dramatic changes in rocketry, including in-orbit fueling. They said eventually those new technologies would be used to send astronauts to a nearby asteroid, a brief foray back to the moon, or the Martian moons. THE ASSOCIATED PRESS

Rocket rentals

- Besides redirecting money to new technologies, NASA is getting an extra $6 billion over five years to encourage companies to build private spaceships that NASA could rent.

Obama budget carries record $1.56T deficit

SPENDING President Barack Obama unveiled a multi-trillion-dollar spending plan yesterday, pledging a greater effort to combat high unemployment and asking Congress to quickly approve new job-creation efforts that would boost the deficit to a record-breaking $1.56 trillion.

Obama's new budget blueprint preaches the need to make tough choices to restrain runaway deficits, but not before attacking what the administration sees as the more immediate challenge of lifting the country out of a deep recession that has cost 7.2 million jobs over the past two years.

The result is a budget that would give the country trillion-dollar-plus deficits for three consecutive years. Obama's new budget projects a spending increase of 5.7 per cent for the current budget year and forecasts that spending would rise another three per cent in 2011 to $3.83 trillion.

"Until America is back at work, my administration will not rest and this recovery will not be finished," Obama declared in his budget message.

Obama's budget offers tax cuts for businesses, including a $5,000 tax credit for hiring new workers this year, help for the unemployed and $25 billion more for cash-strapped state governments.

All the temporary measures would boost the deficit over the next two years by $245 billion.

The deficit for this year would surge to a record-breaking $1.56 trillion, topping last year's then-unprecedented $1.41 trillion gap, a number which had dwarfed the previous record of $454.8 billion set in 2008 under former U.S. president George W. Bush. THE ASSOCIATED PRESS

U.S. President Barack Obama

News in brief

GAZA The Israeli military said yesterday it has reprimanded two high-ranking officers for approving the firing of artillery shells toward a UN compound during the Gaza Strip war last year — the first admission of any high-level wrongdoing during the offensive. Israel reported the punishment to the UN last Friday in response to a report that has accused Israel's military of committing war crimes.

POLYGAMY South Africa's governing party says a report that the country's polygamist president fathered a child out of wedlock makes "a mountain out of nothing." Johannesburg's Sunday Times newspaper reported that President Jacob Zuma had a daughter in October by a woman who is not one of his three wives nor a fourth woman to whom he is engaged. THE ASSOCIATED PRESS

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Comment

A different kind of Conservative

Stockwell Day kicked off his tenure as the new Treasury Board secretary with a folksy note. "Hello out there in Treasury Board land!" he wrote employees. "As your newly appointed president ... I don't mind telling you I'm feeling a little bit overwhelmed."

Yikes, he exclaimed, all these briefing books are so huge! So much to learn. His grandkids, he said, would be asking what do Treasury Board people do? "Do they take care of treasures?"

And Stock said he would tell them, "Well, kind of." And on he went in that chummy vein.

This is strange behaviour for a minister in Harperland. It's the kind of reaching out rarely seen in a government that is so uptight. But it's been Stock's way all along. He is the tension defuser, relaxed as can be. It's among the reasons he has been successful.

He is a remarkable story, a political Lazarus, a foremost example of the wisdom in the old adage — never give up, no matter how hard life is kicking you. Day, of course, is the former Alliance Party leader who imploded in the space of a year. He was derided as a lightweight, the guy who staged a dripping-wet press conference on an Okanagan beach. A party rebellion forced him out. It was thought he would never be heard from again.

But he quietly made strides, first as minister of public safety, then as trade minister. He's seen as a straight shooter. While colleagues have turned the Commons question period into a hackneyed circus of partisan exhibitionism, he gives reasonable answers.

At Treasury Board he will be on the hot seat, charged with bringing down the spiralling federal deficit. It's about credibility. And Day, who had so little of it some years ago, now finds himself as being among the most trusted performers on the Conservative front bench.

The other big guns are hurting. Environment Minister Jim Prentice has been given little to do on the global warming file except gather fossil awards. Defence Minister Peter MacKay was doing well, but took a big hit on the Richard Colvin file. Justice Minister Rob Nicholson's charges of the opposition being soft on crime ring hollow. His own government has done more to obstruct crime legislation through prorogations than have the opposition parties. Finance Minister Jim Flaherty is doing better, but his history in the portfolio is tarnished.

That leaves Stock Day. Who would have thunk it?

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

Please hold, your call is important to us

Here's some unsolicited advice for companies that want to make the most of the economic recovery, improve customer service and satisfaction, and create jobs.

What I'm going to suggest will cost, but it will boost revenues and, perhaps most importantly, improve customer loyalty. The idea is simple: Get rid of automated telephone systems and bring back the switchboard. Then, invest in customer service by hiring and developing skilled people who are not only articulate and educated, but also possess the common sense to treat each customer call as unique.

Lest you think this is the raving of a hopeless Luddite, consider the corrosive effect of the phone systems and customer service regimes we have now. Automated phone systems are supposed to speed customers to the right destinations in a company by providing menu choices, very often using computerized voices that sound eerily like your least favourite elementary school teacher.

But in this case, technology actually retards progress. It is one thing to punch in your language of choice, but it's instantaneously frustrating to navigate a series of choices, none of which may apply to your problem.

By the time you actually reach a human being, usually by stabbing the "0" button until your finger bleeds, your patience is frayed, only to be left in tatters when the person you're talking to gets you to repeat information you've already given and then proceeds to be thoroughly unhelpful.

Just imagine, however, if your call was immediately picked up by a live, courteous and smart person. Using knowledge of a company's workings, the operator could plug you in to someone who actually has the knowledge and communication skills to solve your problem.

The reality for businesses is that customer service is the vital front line. And sometimes technology isn't the solution, but part of the problem. Going retro just might be the answer.

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.

MICHAEL DE ADDER

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TMX cuts in half trading fees for stocks under $1

TMX Group Inc. has reduced its trading fees by about 50 per cent for securities trading under $1 on the Toronto Stock Exchange and TSX Venture Exchange. The new fees, which take effect March 1, will replace the tiered-pricing model that saw fees adjusted based on trader volumes with a new lower single-fee. THE CANADIAN PRESS

Business

DOLLAR	GAS	OIL	TSX
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US 0.61¢	US 24.5¢	US $1.54	218.3

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Recall repairs to start by week's end

Toyota says most urgent cases to get first priority

Toyota says all 270,000 vehicles in Canada affected by a huge recall should be able to have their defective accelerator pedals repaired within a month, with dealers expected to begin work on priority vehicles by the end of this week.

Customers who own a vehicle that has been recalled should expect a call from their dealer once they're ready to begin doing the repairs, Toyota Canada said yesterday.

"But needless to say, 270,000 people at once can't all be serviced simultaneously, so we're setting some priorities too," Toyota Canada managing director Stephen Beatty said.

"270,000 people at once can't all be serviced simultaneously, so we're setting some priorities."
Stephen Beatty, Toyota Canada

Vehicles that have actually experienced the stickiness associated with the faulty pedal will be given first priority, followed by older vehicles. After that, newer vehicles and vehicles that have been ordered by customers, but not yet delivered due to a sales halt, will be serviced.

Many Toyota dealerships are offering extended hours to meet the sheer volume of work that will come from having to repair the affected vehicles. Beatty said the fix — installing reinforcement bars — is "a simple remedy" and mechanics will be able to repair individual vehicles quite quickly.

THE CANADIAN PRESS

SHIZUO KAMBAYASHI/THE ASSOCIATED PRESS

Toyota said yesterday all 270,000 recall vehicles in Canada will be repaired within a month.

Toyota recall process

- Toyota has started sending letters to the owners of 270,000 vehicles in the model years 2005-2010 that tell them to bring in their car or truck for a modification to avoid any chance of sticking accelerator pedals.
- After receiving letters, drivers who have expressed concerns to dealers about sticking pedals, and owners of older models, will have the opportunity to receive the modification first.
- Drivers must schedule an appointment with their dealer.
- In this staggered process, dealers will start installing precision-cut steel bars in accelerator pedal systems as early as Friday.
- Technicians will make the modification in less than an hour at no cost to the vehicle's owner.

TORSTAR NEWS SERVICE

Revenue soars 70% for GTA auto data firm

Q2 Armada Data Corp., an automobile and dealer data services company, has recorded the highest quarterly revenue in its history.

The Toronto-area company said yesterday it booked revenues of $750,628 in the quarter, a gain of almost 70 per cent from the $453,046 it generated a year ago.

However, quarterly profit was down sharply to $19,140 or a penny a share in the second quarter ended Nov. 30 compared with $39,142 or a penny a share in the same period last year.

Expenses for the quarter were up sharply at about $721,000 compared with some $400,000 in the year-earlier period.

"I am pleased to report a very successful second quarter," said president and chief financial officer Paul Timoteo in a release. "All of our major business divisions posted impressive gains."

"I am pleased to report a very successful second quarter."
Paul Timoteo, CFO

Armada collects automobile and dealer data and reformats it for online use. The company sells the information to insurance companies, new-car retail buyers, small-fleet vehicle buyers and marketing agencies.

Among its many divisions, the advertising and marketing department experienced the highest growth as its revenues almost tripled.

THE CANADIAN PRESS

Business in brief

CRUDE Exxon Mobil Corp. said yesterday its annual income of $19.3 billion US was the smallest in seven years as higher oil prices squeezed profit margins in its refining business. The results for the world's largest publicly traded oil company reflect the volatility in the price of crude oil over the past years and the impact of the global recession. The Irving, Texas company finished 2009 with a 23 per cent decline in fourth-quarter income.

THE ASSOCIATED PRESS

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Media **Paper turns a profit**

CHUCK BURTON/THE ASSOCIATED PRESS

In this September file photo, a USA Today newspaper box is shown outside a restaurant in Charlotte, N.C. Gannett Co., the largest U.S. newspaper publisher, said yesterday it turned a profit in the fourth quarter, helped by a drop in one-time costs and a smaller ad decline.

Canadian junior company agrees to takeover bid

URANIUM China National Nuclear Corp. has emerged as a white-knight suitor for Khan Resources Inc., a junior Canadian company that is focused on exploring and developing uranium properties in Mongolia.

The Toronto-based company announced yesterday it has agreed to support a takeover bid of 96 cents per share from CNNC Overseas Uranium Holding Ltd. That values Khan at $51.8 million, based on the number of shares outstanding.

Khan had been the target of a hostile takeover bid by Russian uranium producer Atomredmetzoloto JSC, also known as ARMZ, which offered 65 cents, or $35 million based on the number of shares outstanding.

CNNC's offer has the support of directors and officers of Khan who collectively hold about six per cent of the company's shares on a fully diluted basis.

The Khan board has agreed to pay CNNC a termination fee of $1.6 million if the friendly deal is not completed in certain circumstances. The Chinese company will also have the right to match any superior offer from another bidder.

Khan shares gained 11 cents on the TSX to trade at 97 cents yesterday.

THE CANADIAN PRESS

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ScanLife

Canwest makes changes to the sale of its major newspaper holdings after complaints from lenders. Scan this code for the story.

Quebec firm wins $10M Mideast contract
Quebec-based engineering giant SNC-Lavalin announced yesterday it has won a contract in the United Arab Emirates worth an estimated $10 million. THE CANADIAN PRESS

Cinram stock plunges after Warner pulls plug

Stock in Toronto-based disc manufacturer Cinram International plunged nearly 60 per cent near midday after Warner Home Video said it is ending a key supply agreement between the companies.

It will be a huge blow to the Canadian income fund, one of the world's biggest DVD and CD manufacturers, which estimates about 28 per cent of its revenue last year came from Warner Home Video.

Cinram's units were down $1.72 to $1.19 on the Toronto Stock Exchange.

Warner Home Video and Cinram had worked together under an exclusive contract for six years.

Cinram says Warner's decision to terminate their agreement on July 31 will have an impact on its operations in Canada, the United States, Mexico and several European countries.

It didn't provide details on what the impact will be to its 17,000 employees. THE CANADIAN PRESS

Consumer confidence: Up or down?

SURVEY The Conference Board of Canada says Canadian consumers are feeling better about the economy and can see a light at the end of the recession tunnel.

The board says its index of consumer confidence rose 13.8 percentage points in January to a 23-month high of 96.6 points, using confidence in 2002 as the 100-point baseline.

But a similar Royal Bank survey says Canadians are still worried about debt and their jobs in the wake of the worst financial crisis since the Great Depression.

96.6
Conference Board shows consumer confidence at 96.6 points — a 23-month high.

58%
RBC survey finds 58% of Canadians are still concerned about their debt.

The RBC survey found that more than half of respondents described the economy as bad in January than those who thought it was in good shape.

The survey suggests 58 per cent of Canadians were concerned about their current level of debt and 26 per cent said a member of their household is worried about losing their job or being laid off. THE CANADIAN PRESS

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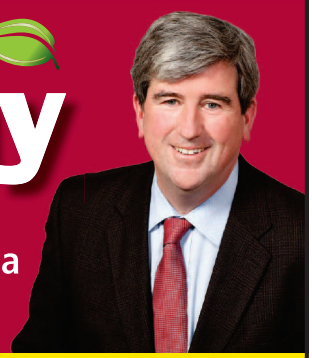
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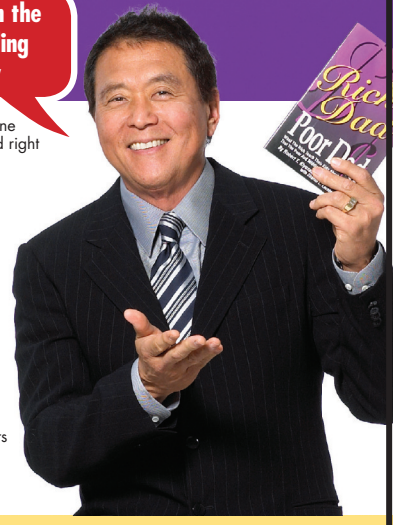
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Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Limits of spousal RRSPs

MoneyMatters

Q What is the maximum contribution to my wife's RRSP that I can deduct? If that money is withdrawn this year, how much will she get taxed? ? — Gord

A The maximum an individual may deduct on their tax returns is limited by the RRSP deduction available for the year, regardless if it's split with a spouse. Your wife can set up a spousal RRSP and you can make contributions, provided you have the room.

Withdrawals by your spouse from a spousal RRSP where contributions were made in the year or either of the two preceding years will be attributed back to the original contributor and taxed in the original contributor's hands (limited exceptions).

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca and 416-485-5225.

Ciao bella!

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Understanding RRSPs

AlisonOnMoney

RRSPs are more than half a century old but there's still a big misconception about them. At this time of year I commonly hear something like this: "I just bought an RRSP." Oh no you didn't.

Think of it this way — an RRSP is merely a box. And you don't buy it, you open it, like a bank account. The important part happens when you purchase products for that retirement box or account. The quality of what you choose will have a dramatic impact on whether you live skinny or fat in your golden years.

One reason so many people are confused about RRSPs lies in the way they have been promoted and sold. There's been too much focus on getting money into the RRSP and not enough on what happens afterwards.

When you set up monthly or lump sum RRSP contributions at your bank, an adviser usually offers boilerplate portfolios based on an assessment of your risk tolerance. These portfolios typically contain from six to 10 mutual funds with your money automatically parcelled among them.

But are the individual funds the best available? Too often these packaged portfolios contain some good funds, some mediocre ones and some that are awful.

Additionally, banks and other financial institutions are predisposed to sell their own products, called proprietary funds, while there might be others that are better performers or that have lower fees.

The other mistake commonly made by contributors is to select funds, either on their own or with the help of an adviser, that fall into the same fund family. Rarely does one fund family do everything well. Some, for instance, are excellent at managing fixed income while others excel at domestic stocks.

Deposit money into your RRSP by all means, but don't be afraid to leave the contribution in cash while you evaluate your fund choices or those recommended by an advisor. This is the question to ask of every investment: Is this product the top performer in its class? If not, don't buy it.

On the web

Investing:
Allan Small discusses what has been happening in the market these past two weeks. The market has dropped even though corporate earnings have been good. Visit metronews.ca/investing.

Alison's Money Rule

- The box that is your RRSP is the least important part of your retirement savings plan. What you put in the box is the most important.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

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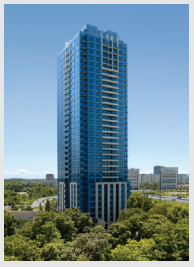
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An important message from Toyota Canada.

As you know, we have issued a recall on select Toyota models in response to reports that, in rare cases, there is the possibility that the accelerator pedal may mechanically stick.

We have also taken the unprecedented step of suspending the production and delivery of the affected models.

We regret any loss of peace of mind that this recall may have caused. But a recall was necessary because we place the safety of you, our customers, above everything else.

We mobilized our engineering teams around the world to immediately find a solution for the problem. And they have. This will be applied to all affected models – on the road and on the production line – so that every Toyota owner can continue to feel confident in their vehicle.

This week, we will begin mailing information directly to every Toyota owner affected by this recall, with instructions on exactly what they should do next.

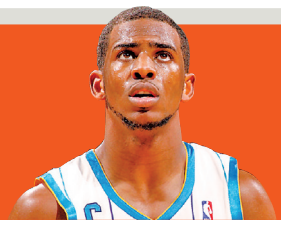
For the latest information we encourage you to visit our updated website at toyota.ca, contact your dealer, or call the customer interaction centre at 1-888-TOYOTA-8 (1-888-869-6828).

TOYOTA

Strong return for Massa

Ferrari driver Felipe Massa returned yesterday to a competitive Formula One car for the first time since a life-threatening crash last summer and promptly set the fastest time in the season's debut test session. THE ASSOCIATED PRESS

Sports



Injury sidelines Paul

Charlotte Hornets all-star point guard Chris Paul, left, is out indefinitely with a left knee injury that will likely require surgery. An MRI revealed more damage to the knee than the initial diagnosis of a bruise, Hornets coach Jeff Bower said yesterday. The coach refused, however, to confirm reports that Paul had a meniscus tear and would miss at least a month. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Former Leafs back in action

CALGARY With just one pregame skate under their belts, the four newest members of the Calgary Flames suited up against the Philadelphia Flyers last night.

Forwards Matt Stajan, Niklas Hagman, Jamal Mayers and defenceman Ian White were set to make their debuts in front of a sold-out crowd at the Pengrowth Saddledome.

"I'm excited," said Stajan, who was shipped to Calgary in Sunday's blockbuster trade with the Toronto Maple Leafs.

He will centre a line between Jarome Iginla and Dustin Boyd.

"It's a great opportunity for all of us to come to a team like Calgary that's right in the mix. I'm going to do everything I can ... to help this team be better and just try and get Iggy the puck."

Iginla has high hopes the Flames can build upon the momentum they've gained going 1-0-2 in their past three games.

"You look at the acquisitions and I think up front there's definitely goals and some creativity added to our group and I think we needed that," said Iginla.

THE CANADIAN PRESS

Following news stories on Twitter...

TradeTweets

@jltoronto Watching Phaneuf pick his way thru first Toronto media scrum is almost painful. Hopefully a sign that he wants to do all the right things.

@mattgunn18 I find it really shows what Phaneuf thinks of himself when he compares his trade to Toronto, to that of gretzkys trade to LA. Wow.

@wraparoundcurl I think the only way one can communicate with Dion Phaneuf is by banging rocks together.

TONY BOCK/TORSTAR NEWS SERVICE

New Toronto Maple Leaf Dion Phaneuf takes part in yesterday's team's practice.

Blue-line bond

Phaneuf, Kaberle find on-ice connection

It was hardly déjà vu.

But when Dion Phaneuf lined up with Tomas Kaberle during his first day as a Maple Leaf yesterday, the notion arose that this was similar to a deadly defensive pairing the team had just four short seasons ago.

There they were, an instant tandem, Kaberle feeding Phaneuf perfect set-ups for his devastating one-timer. In 2005-06, Kaberle and Bryan McCabe worked the same magic.

"It was kind of funny. I was thinking about it on the ice feeding him (Phaneuf) — I thought about Caber (McCabe) a bit," Kaberle said.

"He's on the right side and Caber was, too. I think it's going to be a lot like that with Dion here. He's tough and he has a big shot."

After an intense 20 hours that started with GM Brian Burke's blockbuster trade with Calgary, then a hurried transition to Toronto, Phaneuf was on the ice yesterday at 11 a.m. in his new uniform.

Almost instantly he had a connection with Kaberle. The dynamite young defenceman with one of the best shots in the NHL was a natural match with the slick-passing, playmaking veteran.

Phaneuf said he realizes his statistics this season in Calgary fall short of his usual standards. But he seemed genuinely inspired to have the opportunity to start over in hockey's biggest market.

"My numbers may not be where I want them personally, but I'm excited for a fresh start," he said.

"There's a lot of hockey left and this is a great hockey city."

TORSTAR NEWS SERVICE

Cranking the tunes

• Dion Phaneuf showed himself to be assertive and confident the minute he walked into the Leaf dressing room for the first time. "He has a swagger that we will encourage," Wilson said. "He walked into the dressing room ... and fired up the music right away; he wasn't worried about what anyone would say. He's assertive and we need more of that around here."

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CBS sold out of ads for Super Bowl
CBS says it has sold out of ads for the Super Bowl at average prices that are better than last year, with some 30-second spots topping $3.7 million US apiece. CBS Corp. says the final spot sold yesterday morning, six days before kickoff. THE ASSOCIATED PRESS

Giguere viewed as mentor

Leafs new netminder has reputation of working with younger players

Jonas Hiller. Ilya Bryzgalov. Martin Gerber. Michael Leighton.

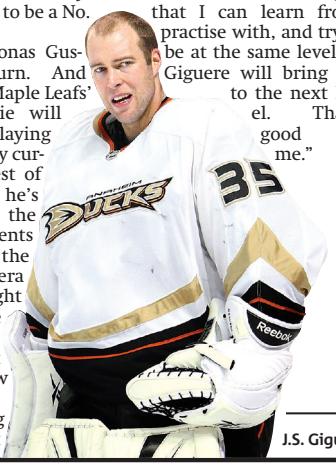
That's a list of some of the goalies who have apprenticed behind Jean-Sebastien Giguere through nearly a decade with the Ducks, and who became better for the experience.

"There are four or five guys who made the NHL out of Anaheim," said Leaf goalie coach Francois Allaire. "You need a mentor to make the guys get better, and Giguere did that perfectly.

"He's like Patrick Roy: He takes his job very seriously, works hard on the ice and off the ice, prepares as good as he can. All the guys in the organization become better because of it because they see what it takes to be a No. 1."

Now it's Jonas Gustavsson's turn. And though the Maple Leafs' prized rookie will see his playing time seriously curtailed the rest of the season, he's happy with the turn of events that will see the Giguere era kick off tonight with the Leafs newest goalie in net against New Jersey.

"It's going to be great for this organization," said Gustavsson. "I have a guy that I can learn from, practise with, and try to be at the same level as. Giguere will bring me to the next level. That's good for me."


J.S. Giguere

Giguere will be the first to say his numbers aren't what they once were. But he's happy to get a second chance after Hiller, the apprentice, supplanted the master for the top job in Anaheim.

"There was a lot of things that happened in my personal life and professional life," said Giguere, including a son born with no sight in one eye. "There was a lot of pressure on me and Hiller found a way to step up his game and push me aside. Kudos to him. It's not an easy thing to do.

"I wasn't playing well. A lot of things happened, this is why I'm (here) today. Hopefully, I can use this opportunity for a new beginning."

Giguere says he doesn't see himself as a mentor, but he's happy to set an example and hopes for a good working relationship with Gustavsson.

TORSTAR NEWS SERVICE

Workload

- Leafs coach Ron Wilson said the club will give J.S. Giguere every chance to return to top form. "We think Giguere has a lot of years left in him," said Wilson. "Giguere will get the bulk of the work, and we'll spot Jonas (Gustavsson) in, hopefully once a week."

Argos to open 2010 season in Calgary

CFL The Toronto Argonauts are still looking for an owner and a head coach, but they do know when and where they'll be playing this season.

The Canadian Football League released its 2010 schedule yesterday, with the Argos opening their season July 1 in Calgary. The team's home opener will be July 14 against the Stampeders.

The Argos will have only eight games at the Rogers Centre this year, with one home game being played Sept. 26 against Edmonton in Moncton, N.B. That will be the first regular-season CFL game ever played in Atlantic Canada.

But the name of the man who will be coaching the Argos is still a mystery. While it appeared that former Winnipeg head coach Doug Berry had moved to the top of the list after Montreal offensive co-ordinator Scott Milanovich turned down the job, a source said the Argos asked the Alouettes for permission to speak with defensive co-ordinator Tim Burke Sunday.

The ownership issue is expected to be cleared up later this week, assuming B.C. Lions owner David Braley can come to an agreement on a sale price with Argo owners David Cynamon and Howard Sokolowski.

TORSTAR NEWS SERVICE

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Colts lineman goes from teacher to Super Bowl starter

NFL Indianapolis guard Kyle DeVan spent the past year working his way from sub to starter.

Kyle DeVan

All it took was a cross-country odyssey, some hard work, a job change and a little trust from the Colts.

Now the man who spent last February living with his parents and waiting for the next substitute teaching job is getting ready to start in the Super Bowl.

"It's been the longest year of my life," DeVan said while preparing for the biggest game of his life. "But at the same time, it's been the funniest year of my life. It's just been tremendous."

At the end of 2008, after getting cut for a third time — that time by the Jets — DeVan went back to work in his old school district.

"I taught high school, junior high and elementary school," DeVan said. "I taught everybody from fifth grade through seniors, everything."

But classwork only made DeVan's vision clearer.

He still wanted to play football and when the Boise Burn, of arenafootball2, offered him a chance, DeVan put down the books, picked up the weights and headed to Idaho. There the Colts saw enough from DeVan to bring him to training camp. DeVan eventually made the team and not long after became a starter.

THE ASSOCIATED PRESS

m.metronews.ca
SCANLIFE
Former players recall the "crazy" early days of the 2010 Superbowl-bound New Orleans Saints.
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Soccer transfer window closes quietly

SOCCER European football's winter transfer window appeared to be closing quietly yesterday, with none of the big-money moves that have dominated recent seasons.

The Premier League's infamously profligate clubs were mostly involved with loan transfers as the window closed in England, with Fulham one of the most active after picking up AS Roma striker Stefano Okaka and Aston Villa fullback Nicky Shorey until the end of the season.

The West London club, which is owned by Harrods owner Mohamed Al Fayed, also signed teenage midfielder Christopher Buchtmann from Liverpool and let Senegal forward Diomansy Kamara leave on loan for Scottish Premier League side Celtic.

Celtic took Bayern Munich defender Edson Braafheid for the rest of the season and also sealed a deal to take Ireland captain Robbie Keane from Tottenham on loan until the end of the season.

Keane rejoined Spurs from Liverpool a year ago but failed to recapture the form that previously made him a fan favourite. He has scored nine goals in 25 appearances this season.

Manager Harry Redknapp spent almost $68 million during last season's January transfer window, but, aside from Keane's late move, Spurs had yet to announce any business beyond the departure of fullbacks Alan Hutton and Kyle Naughton on loan to Sunderland and Middlesbrough respectively. The highest-profile permanent transfer in England was South Africa striker Benni McCarthy's switch to West Ham from Blackburn.

THE ASSOCIATED PRESS

Financial problems

- Auditing firm KPMG said the drop in Premier League clubs' total monthly expenditure from almost $323 million in the 2008-09 season to about $70 million showed the financial problems facing them.

Fans can now touch Lucky Loonie

HALL OF FAME Canadians have a chance this month to bring the national Olympic hockey teams a touch of good luck for the Vancouver Games.

The so-called Lucky Loonie's protective casing has been removed from the coin's display at the Hockey Hall of Fame.

Hockey commentator Don Cherry was the first to touch the Lucky Loonie yesterday morning.

The coin has been at the Hall since shortly after Canada's men's and women's teams won gold at the 2002 Winter Olympics.

The loonie had been buried at centre ice ahead of the Salt Lake Games by Canadian ice-maker Trent Evans.

After the victories, the coin was dug up and presented to Team Canada GM Wayne Gretzky, who later donated it to the Hall.

Visitors to the Hall will be able to touch the coin for good luck until Feb. 28, the date of the men's gold-medal game at the Vancouver Olympics.

THE CANADIAN PRESS

Sports in brief

CURLING There are no longer any unbeaten teams at the Scotties Tournament of Hearts after Canada's Jennifer Jones and Ontario's Krista McCarville suffered losses yesterday. Sharon Cormier's Northwest Territories/Yukon rink surprised defending champion Jones 10-4 in Draw 7 action. In yesterday's earlier draw, Saskatchewan's Amber Holland scored one in the 10th end to earn a 7-6 win over McCarville.

BRUINS The Boston Bruins say defenceman Mark Stuart has undergone surgery on a finger injured during a weekend fight on the ice. Bruins GM Peter Chiarelli said Stuart will miss about four weeks.

MLB Melvin Mora has agreed to a $1.3-million US, one-year contract with the Colorado Rockies, according to his agent. Eric Goldschmidt said Mora's primary goal as a 38-year-old free agent was to sign with a playoff contender after spending the last nine seasons with the Baltimore Orioles.

METRO NEWS SERVICES

SCOREBOARD

NHL

YESTERDAY'S RESULTS

Buffalo at Pittsburgh
Anaheim at Florida
Philadelphia at Calgary
Carolina at Edmonton

NBA

YESTERDAY'S RESULTS

Boston at Washington
Milwaukee at Miami
L.A. Lakers at Memphis
Phoenix at New Orleans
Sacramento at Denver
Dallas at Utah
Charlotte at Portland

Martin won't play for U.S.

New Jersey Devils defenceman Paul Martin will not play for the United States in the Winter Olympics in Vancouver because of a slow-healing broken left forearm. THE ASSOCIATED PRESS

Vancouver Games

EDITOR: DON.MCHOULL@METRONEWS.CA

Chemistry on ice

Moir, Virtue have been partners for half their lives

They lock eyes, clasp hands and the music starts, and for the next four minutes Tessa Virtue and Scott Moir skate as if there's nobody else in the building.

The Canadian ice dancing duo is among the best in the world, known for their innovative lifts, their intricate spins and footwork, and classic elegance in a discipline too often characterized by its kitschy costumes and cheesy routines.

Much of their allure is their unquestionable chemistry, their ability to capture an audience with their utterly believable romance.

But the two are just friends, their relationship forged over sweat and spills and spirals in the more than 10 years they've been partners.

"Maybe the reason why we've lasted so long is we respect each other as individuals and we love each other," Moir says. "We've been together for so long, we've grown up together, and we just have this respect for each other, and the skating works."

It wasn't always so.

For the first year of what would eventually flourish into a medal-winning partnership, Virtue and Moir barely spoke to one another.

"Noooo," Moir's mom Alma says, laughing. "He was kind of sweet on her at first, and at that age when you have to hold a girl's hand, it's like 'Oh no, I can't talk to her too.' It was funny the first little bit."

Alma and twin sister Carol, both former skaters who coach in Ilderton, Ont., a town of about 2,000 just down the road from London, partnered the two when Tessa was just seven and Scott was nine.

Virtue, 20, and the 22-year-old Moir — who did date briefly when they were younger — quickly developed into one of the top young dance tandems in the country, and in 2006 became the first Canadian ice dancers to win the ISU world junior championships.

"They were always good skaters, but they just had something that you can't coach," aunt Carol Moir says. THE CANADIAN PRESS

STEVE RUSSELL/TORSTAR NEWS SERVICE

Tessa Virtue and Scott Moir perform during the Exhibition Gala after the BMO Canadian Figure Skating Championships at the John Labatt Centre in London, Ont., on Jan. 17.

Others to watch

- **Patrick Chan, Canada:** The 19-year-old from Toronto hopes to bounce back from a rough season and win Canada's first men's figure skating gold.
- **Evgeni Plushenko, Russia:** The 2006 Olympic gold medallist came out of retirement for Vancouver, with his sights set on repeating as champion.
- **Kim Yu-Na, South Korea:** The 19-year-old who trains in Toronto with Canadian coach Brian Orser is the runaway favourite to win gold in Vancouver.
- **Oksana Domnina and Maxim Shabalin, Russia:** Domnina and Shabalin are the reigning world ice dance champions, and easily won the recent European championships.

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Blau Natura Park + taxes & fees $320
Departs Feb 4/nol/ts.

Varadero 7 Nights 4-Star $527
Allegro Varadero + taxes & fees $210
Departs Feb 6/nol/ts.

Jamaica 7 Nights 4-Star $697
Holiday Inn Sunspree Resort Montego Bay + taxes & fees $268
Departs Feb 5/nol/5g.

St Lucia 7 Nights 4-Star $998
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M/V Aquamarine & Kanigos 21 + taxes & fees $465
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UK & Ireland
Air + 2 Nights + 4-Night Cruise $1368
Independence of the Seas + taxes & fees $509
INCLUDES air to London, 4-night cruise and 2 nights London accom at the Ibis London Earls Court. CRUISE roundtrip Southampton and visit Cork, Ireland. Travel May 28 - Jun 4/rcl/ggv/ts.

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Departs Feb 22/wsv/ws.

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Study tip
Know your learning style, and stick to it. For example, if you work best in the early morning, you will improve your results by studying at that time. **MBA-PROGRAMS.INFO/STUDY-TIPS.HTM**

MBA Guide

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

MBA skill set in demand

RAFAEL BRUSILOW
for Metro Canada

With greater career mobility, pay increases and a skill set that makes graduates strong business leaders, the benefits of an MBA degree can be hard to pass up.

Among other things, an MBA degree can teach you crucial leadership, resource and people-management skills that are in demand for a large number of business organizations.

Leslee Harden, director of the MBA program at the Edwards School of Business in Saskatoon, says the best quality of an MBA degree is its holistic nature.

"I don't think there's any debate that an MBA is a ubiquitous degree — any organization can use someone with the kind of education an MBA can bring. Not only does an MBA allow access to careers within varies organizations, but across industries as well," Harden said.

"Any organization can use someone with the kind of education an MBA can bring."
Leslee Harden, Edwards School of Business

A recent study by U.S. human resources firm Accountemps showed that about 80 per cent of senior management staff at corporations and financial firms hold MBA degrees, suggesting the degree is considered by many to be a requirement for senior leaders. Figures from several sources, including businessweek.com, show a potential salary increase post-MBA to be anywhere from 30 to 80 per cent.

Harden says beyond the expected pay increase, an MBA can let technically skilled people such as scientists and engineers move into lucrative managerial roles and let others jump on senior positions that open up within an organization.

"An MBA degree is all about understanding the connections within business and managing people, money and processes to make effective business decisions — any business can use that," Harden said.

Jacquelin Thayer Scott, former president and current professor at the Shannon School of Business at Cape Breton University, says many MBA students come into the degree through job experiences rather than pre-planning — a good thing since that makes for a much more natural progression into the skills the degree teaches.

"A lot of graduates didn't initially see themselves as managers. They worked at an organization where eventually they did a good job and the boss asked them to take on management responsibilities — that's when they suddenly realized they didn't know how to manage," Scott said.

She says networking is a huge part of today's global business climate, so make sure to forge connections in the classroom.

"Take the opportunity in the classroom to get to know those students from other countries because you're creating a personal network that can be really valuable," Scott said.

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Tuesday, February 9
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Waterloo Inn
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By the numbers

Simon Fraser University's Faculty of Business pioneered the Executive MBA for working professionals in 1968. Since then, more than 1500 executives have graduated from the program. MBAPROGRAMSINCANADA.COM

'Things are back on track'

Employers headhunting for MBA graduates again

RAFAEL BRUSILOW
for Metro Canada

With the economy coming out of its slump, employers are once again looking to hire MBA graduates with leadership skills.

When the economic downturn came, hiring of MBA graduates — with their high-level leadership skills and high-level pay scales — took a hit like everything else.

Now with the economy finally coming out of its slump, Richard Powers, associate dean at the Rotman School of Management in Toronto, says the good news is that employers seem to be in headhunting mode again, particularly for MBA graduates with the leadership skills to move their businesses further.

"With the economy improving, we're seeing more recruiters coming to the school and asking for greater numbers of graduates," he said. "We're still waiting to see how that affects actual job offers, but the message we're hearing is that things are back on track."

Powers says the economic downturn that promised less work in the market for MBA and other graduates in the short term certainly saw that prognosis realized.

"The percentage of our students who have jobs within three months of graduating is usually around 90 per cent, and last year it was down to 83 per cent," Powers said.

Especially hard-hit was the financial services sector, meaning MBA graduates hoping to find work in that field need to be flexible and consider broader opportunities for employment that still let them use their new skill-set.

"For graduates looking to work in the financial industry, last year was tough. The message is you have to look at a variety of opportunities and show a little flexibility," Powers said.

Leslee Harden, MBA program director at the Edwards School of Business in Saskatoon, says recent MBA grads should widen their job search process and make use of every available resource.

"We're seeing more recruiters coming to the school and asking for greater numbers of graduates." Richard Powers

"There's no question the job market is tighter, so people have to engage in a very strong search process. The hidden job market is so important. Contact all the people you know — opportunities are often made as opposed to being found," Harden said.

She suggests MBA grads shouldn't fear a slightly tougher job market because their job search process has always been about quality, not quantity.

"It's not about finding a job, but finding the right job. It's about finding something that motivates, inspires and challenges you. MBA graduates always have to be creative in their search to find that," she said.

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Did you know?
Royal Roads University is the only Canadian university to offer its MBA program in Mandarin. MBAPROGRAMSINCANADA.COM

When choosing where to complete your MBA, it's important to have a list of priorities, experts say.

Research key when choosing your school

ROBYN YOUNG
for Metro Canada

When "shopping" for an MBA, Niki da Silva, from the Richard Ivey School of Business at the University of Western Ontario, says do your research.

"Start with defining: What are my must-haves? What must this program do?" said the director of MBA admissions and recruitment.

Whether it's program length or learning reputation, it's important to begin with a list of priorities, da Silva said.

Then try to narrow down, from the hundreds of options, to a more manageable shortlist of programs.

The Richard Ivey School of Business, for example, may be a good choice for those interested in being business managers in the health-care field.

A new $100-million building, the Ivey Centre for Health Innovation and Leadership is under way, making the school a great choice for health-sector MBAs.

Ivey may also be right for candidates looking to accelerate their leadership potential, said da Silva.

"There is a unique set of — we call them leadership essentials — at Ivey," she said.

"It certainly does set the school apart in terms of outcomes and a very tangible skills set upon graduating from an MBA program."

At the University of Toronto's Rotman School of Business, whose MBA beat out other Canadian programs in London's Financial Times rankings this year, an innovative approach built on integrative thinking sets it apart.

"Integrated thinking looks at different decision making models and provides different choices to them (the students)," said Richard Powers, associate dean and executive director of MBA programs at Rotman.

"Our students, being trained in that, are able to come up with unique solutions to very difficult problems."

York University's Schulich School of Business, also part of the Times' top 50, finds its strength in diversity, says Charmaine Courtis, executive director student services and international relations.

"Students not only come from different parts of the world, they come from different sectors (private, public and not for profit)," she said.

"With each of these comes a different way of looking at things and multiple opportunities to learn to solve problems and create interesting management solutions."

Additional high-ranking MBAs in central Canada include McGill's Desautels School of Management in Montreal; Queen's School of Business in Kingston, Ont.; and HEC Montreal.

More programs

- For a look at MBA programs in Eastern Canada, go to page 18
- For a look at MBA programs in Western Canada, go to page 19

MBA programs, by the numbers

*Some information courtesy of Macleans.ca 2009 MBA rankings

School	Tuition	Length	Class size
Rotman	$74,936	2 years	260 students
Richard Ivey	$64,000	12 months	150 students
Schulich	$48,000	2 years	500 students
Desautels	$7,411/$13,417	16-20 months	125 students
Queen's	$62,500	12 months	110 students
HEC	$6,500/$13,200	12 months	150 students

ADVERTISING FEATURE

Flexibility makes MBA accessible
to working professionals

With the global economy still in recovery, business professionals continue to look for opportunities to get a leg up on the competition. For some, investing in higher learning will be the key to their success.

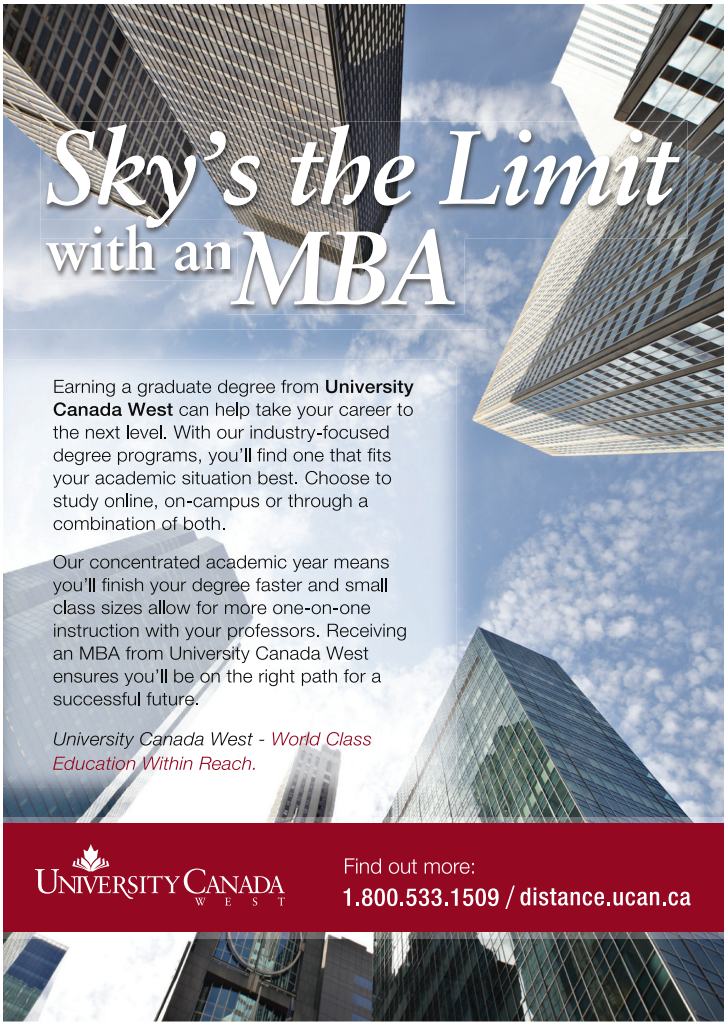
An MBA degree can help business professionals rise higher in the ranks, and in turn, earn more money. However, leaving a job in this economic climate is usually not an option. One Canadian university is now making it easier for working professionals to earn a graduate degree in business without leaving their career.

In addition to its campus-based classes, University Canada West, a British Columbia-based university, offers online education programs tailored to the needs of busy professionals. The online option features a web-based format that is flexible and easy to use. Professors instruct the classes by using online lecture notes, discussion forums, web readings, assignments, and other resources.

"University Canada West is at the forefront of education for working learners," said Dr. Verna Magee-Shepherd, Acting President, University Canada West. "Our innovations in higher learning are making a real difference for many students who may otherwise not have had a chance to pursue a post-graduate degree."

Students who are enrolled in an online program get the same personalized experience campus-based students do. Online class discussions and chat rooms encourage interaction and private messages and email are available for students to contact the professors. However, online learners can schedule these communications around work or family commitments.

For more information on University Canada West's MBA program, visit **distance.ucan.ca**.



Did you know?
York University's Schulich School of Business' Alumni Mentorship Program is the largest in Canada. MBAPROGRAMSINCANADA.COM

Eastern schools a hit

The cost for an MBA ranges from $4,500 to $19,124 a year.

JON TATTRIE
for Metro Canada

Atlantic Canada's entrepreneurial spirit makes it the ideal place for budding businesspeople to learn the trade, and universities across the region offer top MBA programs.

In Halifax, Saint Mary's University offers a bachelor of commerce and a master of business administration at its Sobey School of Business. After that, students can continue their studies with the executive master of business administration. According to Canadian Universities (Canadian-universities.net), it offers "some of Canada's best business education." It has about 103 students and tuition is $14,157 per year. A full-time MBA takes between 16 and 20 months.

Just down the road from SMU, Dalhousie University's School of Business Administration offers a corporate residency MBA. CU calls it one of the "premiere providers of education in management, and its traditional strengths has been in finance, informational technology, international business and marketing." It takes 22 months, has 100 students and tuition is $19,124 per year.

Head east and Cape Breton University's MBA program runs near Sydney. It "offers an educational experience, which is rooted in the culture, history and political economy of its home province." The MBA takes 16 to 20 months, has about 20 students and tuition is $18,240 per year.

In Fredericton, the University of New Brunswick offers "comprehensive and innovative educational opportunities emphasizing critical thinking, communication skills, financial and market literacy, and the importance of technology in the corporate world." Its MBA takes two years, with tuition at $16,679 a year, and has 97 students.

UNB also offers an MBA at its Saint John's campus. It boasts one of the lowest professor-student ratios in Canada, with about 50 students enrolled in the 12-month course. Tuition is $18,000 per year.

On the rock, Memorial University of Newfoundland (MUN) was the first in Atlantic Canada to receive accreditation from the Association to Advance Collegiate Schools of Business, one the world's foremost accrediting body for business schools. It takes about two years, has about 130 students and tuition is just $4,500 a year.

The other east-coast island province, Prince Edward Island, offers an executive-style MBA (basically an EMBA) at UPEI. The program started in 2008 and specializes in the study of biotechnology, management and entrepreneurship. It takes a minimum of two years, with a tuition of $11,000 per year. There are 70 students enrolled at present.

MBA INFORMATION SESSIONS

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MBA grads 'make a big impact'

DANIEL TAM
for Metro Canada

Recent post-secondary graduates looking to build some momentum in their upstart careers could consider obtaining MBA degrees found in many of Western Canada's universities.

Twelve universities from British Columbia to Saskatchewan offer MBAs.

Twelve universities from British Columbia to Saskatchewan offer either full-time or part-time MBA programs for graduates who have aspirations to one day work in management positions.

Specializations are offered in everything from finance and marketing to entrepreneurship and strategic management to fit the needs of even the most diverse group of students.

Brian Yiu, an investment banker now residing in Hong Kong, went for his MBA in finance at UBC when he was 25.

"I had worked for two years at CIBC as a management trainee when I took a leave of absence to go back to UBC to get my MBA," said Yiu. "The degree helped me in being considered for new jobs and promotions."

Some notable graduates of MBA programs in Western Canada have made quite the impact in the business world as well as society. For example, president and CEO of HSBC Bank Canada Lindsay Gordon, as well as former Starbucks Asia Pacific president Pedro Man, are part of UBC's MBA alumni.

Current B.C. Premier Gordon Campbell graduated from one of Simon Fraser University's MBA Programs.

"(MBA programs) prepare graduates to go into a wide variety of management positions," said Ed Bukszar, associate dean at the Segal Graduate School of Business at SFU.

"We have very distinct programs," said Bukszar. "We have a finance program that's geared towards financial training in risk management and investment management, and another that focuses on transitioning scientists and engineers into management roles."

Students applying for their MBA come from a variety of academic backgrounds, said Bukszar.

"I've got an opera star in my class with a music background, sitting next to physicists, mathematicians and even a professional snowboarder," said Bukszar. "It's a very diverse group, not only in terms of cultural diversity but also in terms of their academic and personal interests."

The education obtained through MBA programs can help students gain traction in their careers, said Bukszar.

"I honestly and completely believe that these people are going to make a big impact on the world," said Bukszar.

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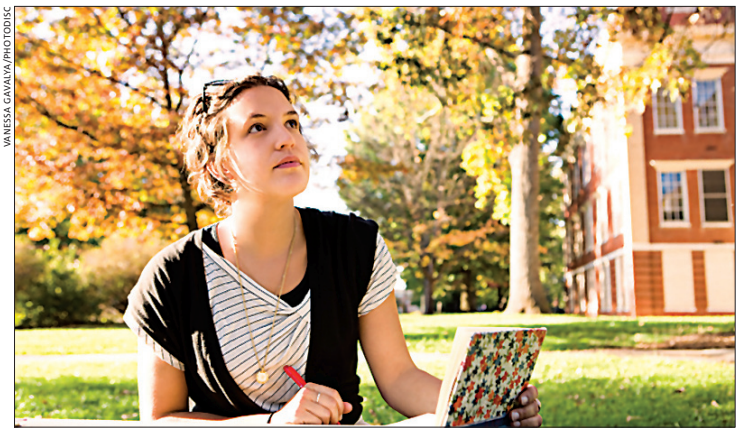
Know the score

The average GMAT score required by MBA schools in Canada is 550, but the average GMAT score attained by MBA students is 606. CANADIAN-UNIVERSITIES.NET



VANESSA GAVALYA/PHOTODISC

Green MBA students learn focus on sustainability while also considering how to maximize profits.

MBAs go green

More schools focusing on sustainability

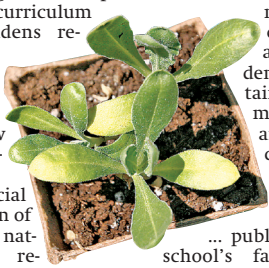
KEITH CARMAN
for Metro Canada

The industrial revolution had many impacts on our planet, two unforeseeable: Environmental havoc and, in turn, an admission that something must be done to alter this destructive path.

Everyone from marketing to manufacturing has taken up the ecosystem's cause, with two fiscally oriented fields in particular — business administration and post-secondary institutions — recognizing their part in social responsibility. Working together, they have updated the MBA through a fresh choice in distinction: Sustainability — a.k.a. the "Green" MBA.

Traditionally, an MBA focuses on a financial standpoint: Management, conventional economic theory and business ethics. However, as the reality of maintaining global finance is increasingly impacted by environmental concerns, business has acknowledged its accountability in maintaining current practice while ensuring future revenues. It must maximize profit while affecting Mother Nature minimally. In essence, business needs a balance of understanding economy and ecology; the Triple Bottom Line referred to insiders as People, Profit and Planet. Enter MBA graduates with a mind for the landscape.

In that respect, many Canadian universities now offer sustainability/social responsibility as an addendum to their continuing MBA programs. A curriculum that broadens respected business models to include three new criteria — economic (the financial implication of depleting natural resources); environmental (loss of commercial flora or faunae; global warming); and social (increasing population overtaxing the planet).



Completion of the green MBA is generally within the original course's duration of approximately four-and-a-half years from bachelor's degree to master's. Sixteen of those months focus more intensely on global impact, and the result is an MBA with accompanying diplomas characterizing attention to sustainability.

Growing in popularity, Green MBAs abound across Canada. Virtually every post-secondary institution offers a direct program or variation, creating a swath of carbon-offsetting footprints across the Great White North. The likes of Sauder (University of B.C.), University of Alberta and Manitoba, Richard Ivey (Western), Laurentian, McGill and more boast such programs, while York's Schulich School Of Business was deemed Top Global Green MBA school by non-profit humanities organization The Aspen Group (TAG) for 2009-2010. It beat out competitors such as Yale and Notre Dame thanks to what TAG identified in their latest report as an "extraordinary number of courses available to students that contain environmental, social and ethical content" and many "relevant scholarly articles ... published by the school's faculty members."

NANCY FALCONI/PHOTOGRAPHER'S CHOICE

York's Schulich School of Business was recently named the Top Global Green MBA school.

To that extent, distinction is crucial in garnering fresh enrolment to green MBAs. Halifax's Dalhousie boasts an MBA in natural resources, whereas the University of Victoria has embedded sustainability directly into all MBA and bachelor Of commerce degrees. Summarizing University Of Ottawa Professor David Wright, Telfer School of Management yields a green MBA that "directly addresses the business impact of (climate change), corporate social responsibility (and) ... identifying the business opportunities that arise from climate change."

It would seem commerce and universities are interested in a different sort of "green" these days.

Media use among youth on the rise
According to a new study from the U.S.-based Kaiser Family Foundation, children between the ages of 8 and 18 spend an average of seven hours and 38 minutes a day consuming some form of media for fun, an hour and 17 minutes more than they did 5 years ago. METRO NEWS SERVICES

Workology

Student loans bother borrowers

According to a new Statistics Canada study, an increase in student-loan reliance and debt loads has had an impact on individual students' financial positions following graduation. The study found more people are graduating with student debt and between 1995 and 2005, average student debt on graduation grew from $15,200 to $18,800, and the proportion of borrowers who graduated with debt loads of at least $25,000 jumped from 17 to 27 per cent. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Parkdale a local biz stronghold

Toronto's west-side village a tight-knit community full of character

Small Business City

RAFAEL BRUSILOW
for Metro Canada

A diverse population gives Parkdale its soul, but a tight-knit, supportive business community reveals its character.

A testament to the spirit and ingenuity of Toronto's small business owners, the business community of Parkdale shows that great things can be accomplished when people work together.

Manager and head chef at Tibet Kitchen (1544 Queen St. W.) Sonam Choedhen, 46, says the economic downturn hit Parkdale hard but most businesses are bouncing back strong because of mutual support.

"The economy has been tough but the business community here was really been working very hard and things are picking up," Choedhen said.

The restaurant has gained its fair share of accolades among Toronto food critics and reviewers for its authentic Tibetan cuisine, which is why Choedhen is not willing to skimp in the kitchen during tough times — he had to find other ways to weather the recession.

"We have to serve the same quality of food while bringing prices down — it's a challenge. But for me personally, I love what I do. We are trying to exemplify the spirit of Parkdale and to be our best," Choedhen said.

New business owner Eric Brown, 28, just bought and re-opened the Not My Dog (1510 Queen St. W.) bar and live music venue in January because he saw an opportunity to cash in on Parkdale's new cultural cachet. CONT. ON NEXT PAGE>>

Don't miss Spaces and Places!

Parkdale will be the focus of this week's Spaces and Places feature in Metro Homes this Thursday. Don't miss it!

Shops on Queen Street West

Shops in west Parkdale

Good Catch general store

Movies & More

Tibet Kitchen restaurant

Not My Dog bar

PHOTOS: RAFAEL BRUSILOW/FOR METRO CANADA

Saskatchewan considers cutting off funding to FNUC

In light of allegations of financial impropriety at the First Nations University of Canada, the Saskatchewan government could soon cut off funding to the institution, the province's advanced education minister stated last Thursday. METRO NEWS SERVICES

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Almost anything

- Good Catch owner Jola Sobolak, 42, literally sells just about anything at her general store (1556 Queen St. W.), where electric guitars share shelf space with scented oils and vintage clothing.
- Sobolak grew up in Parkdale and opened Good Catch almost four years ago and says that while the community has changed, businesses have stayed mostly local-owned.
- "Gentrification is definitely fast-paced here but the community has also showed how we support each other," said Sobolak.

Eric Brown just bought at reopened the Not My Dog bar and live music venue in January. It's located 1510 Queen St. W.

It's like 'everybody's in it together': Biz owner

>>CONT. FROM LAST PAGE

"The cool, hip scene has been pushed westward and this is where people like me seem to congregate these days. It's where the bars are and where the music happens," Brown said.

While starting a new business, especially in a recession, can always be challenging, Brown has been amazed at how supportive local business owner have been to him, with many having swung by to voice their support and even offer gifts like sets of shot glasses to help put Brown on his feet.

"The community here is a lot more supportive than you might expect. Rather than competing with each other, they've stepped in and offered me their support. It seems people have a vested interest here, like everybody's in it together," Brown said.

A lot of potential

- After more than 10 years of running his video store Movies & More (1395 Queen St. W) in the heart of Parkdale Village, Alfred Chen, 45, says his clientele is as varied as the movies on display on racks throughout his store and that kind of variety is very good for business.
- "I think that the people here are nice and it's good for business here, especially for this kind of store. I have a big mix of shoppers from different backgrounds and I see the potential here getting better and better," Chen said.

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UPEI boosting Aboriginal student recruitment efforts
The University of Prince Edward Island is exploring several methods to attract Aboriginal students to the institution, where only one per cent of the school's students are of Aboriginal descent. METRO NEWS SERVICES

Student cook off tonight in town

LIBERTY VILLAGE Top culinary students, celebrity judges and a $2000 cash prize. It sounds like the next reality show, but is actually a local Toronto event taking place as a part of Winterlicious.

Tonight, between 6-8 p.m., three culinary students will face off to become the reigning chef in Making the Grade: Rising Chef Citrus Cook-off.

The top three students from Stratford Chefs School, Niagara College and Humber College culinary programs, will each create an appetizer, an entrée and a dessert featuring Florida grapefruit in front of a panel of judges and 70 audience members. School Bakery & Café restaurant in Liberty Village (70 Fraser Ave.) will host the event while executive chef Brad Moore will serve Florida citrus-inspired dishes and beverages throughout the course of the evening.

"This is a great opportunity to showcase the talent of the youngest chefs," says Moore. "Culinary students bring a fresh approach to ingredients like Florida grapefruit, while their talent and enthusiasm really shines in a competitive setting. They will be pushed creatively and physically as they prepare three Florida grapefruit dishes in front of a live audience to compete for the top prize." METRO NEWS SERVICES

Workology in brief

OCUFA CONFERENCE EXAMINES RECESSION'S IMPACT ON UNIVERSITIES The Ontario Confederation of University Faculty Associations held a conference late last month titled Financing Higher Education in the Current Economic Climate, bringing together speakers from universities, research institutes, governments, and the private sector in Canada and the U.S. The conference was designed to reflect on the current downturn's impact on universities, examine trends in PSE financing, and consider implications for the future. OCUFA has posted on its website some of the material presented at the conference.

AUCC TO HOLD SYMPOSIUM ON NORTH-SOUTH PARTNERSHIPS National and international experts will gather in Ottawa today and Wednesday for a symposium hosted by the Association of Universities and Colleges of Canada to discuss key issues, challenges, and best practices for North-South partnerships in relation to universities' internationalization efforts. The symposium will feature new research from AUCC, guest speakers from the South, plenary sessions, and discussion. METRO NEWS SERVICES

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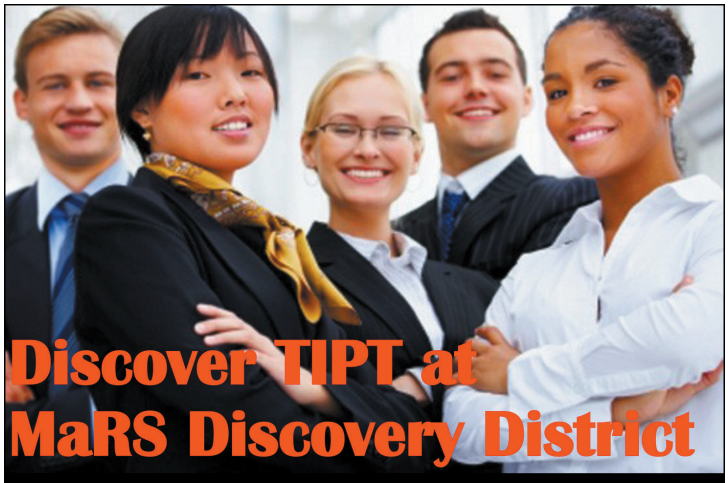

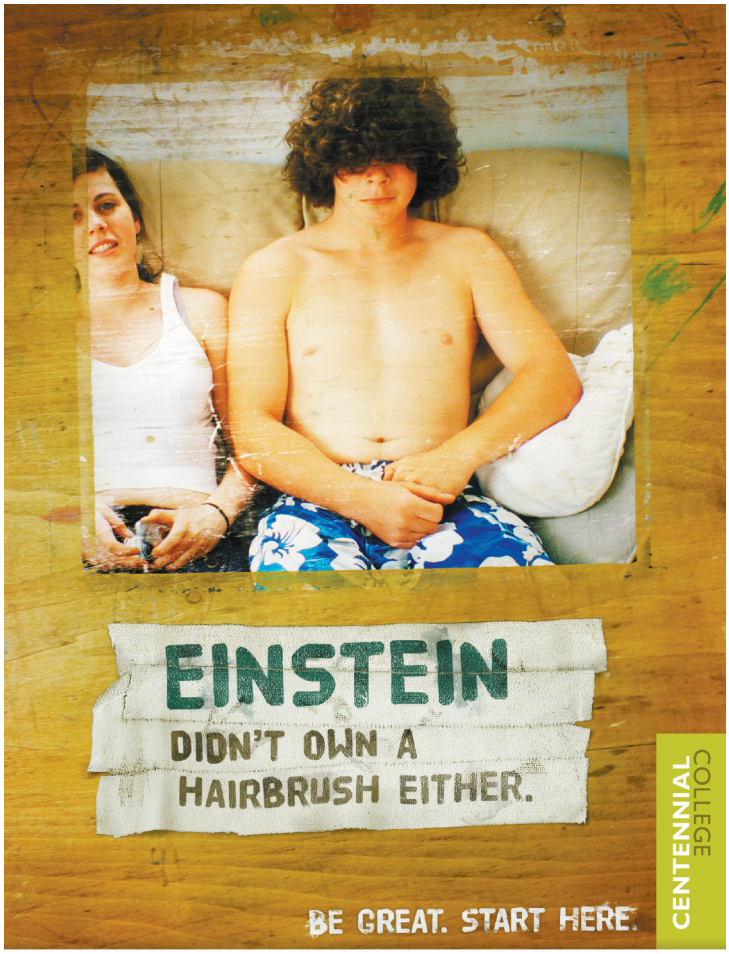

55,000 princess pendants recalled from Walmart
U.S. federal consumer safety regulators are announcing a recall of The Princess and The Frog movie-theme children's pendants, citing high levels of the toxic heavy metal cadmium. THE ASSOCIATED PRESS

Health & Beauty

Fighting the winter blues and winning

CELIA MILNE
for Metro Canada

Down in the dumps? Got the blues? Early February can be a depressing time of year.

The days are short and dark, the weather is cold and dreary, holidays are scarce and debt is piling up.

It's not just you. January and February can be a real downer for many people, says Dr. Hymie Anisman, Canadian Research Chair in neuroscience at Carleton University in Ottawa.

What makes this time of year worse is the contrast between the happiness and energy we felt in December, versus the doldrums of mid-winter.

Doctors call this the "contrast effect." For many, December was fun — there were holidays, parties, people all around, activities, family and a festive mood. February is boring.

"We wouldn't feel nearly as bad without the 'contrast effect,'" says Anisman, whose work in stress-related disorders is funded by the Canadian Institutes for Health Research.

"You look out your window and it's gloomy and yucky. There is not a whole lot to look forward to."

Even to go for a walk is a bit of a drag — putting on your coat, gloves, hat, scarf and boots.

Winter blues can make you feel irritable and sad, lethargic and tired.

You might experience sleep disturbance, difficulty concentrating and loss of appetite. Or you may indulge in over-eating. Your symptoms are mild.

Getting active and getting together with other people will help chase those blues away.

"These are biological changes that in severe forms can manifest as seasonal affective disorder," says Anisman.

His advice? Two things: Get active and get together with other people. If you can do both at once, so much the better.

"Yeah, you can veg in front of the TV, but how many re-runs of CSI can you watch?

"Get off your butt. Plan a schedule. Force yourself to go to the gym."

The best activities for lightening your mood are those that involve other people.

He recommends team activities such as indoor soccer and tennis. Volleyball is a great winter sport because you play as a team of six.

"There's yelling and jumping around. It brings out happiness in people," he says.

If you don't like sports, get together with others to share a game.

"Social support is a really super buffer against day-to-day pressures," says Dr. Anisman.

There is some scientific evidence that "playing" leads to better health. Play activities are those in which no one feels like a loser — the joy is in the activity itself. It's fun and it helps us lose track of time.

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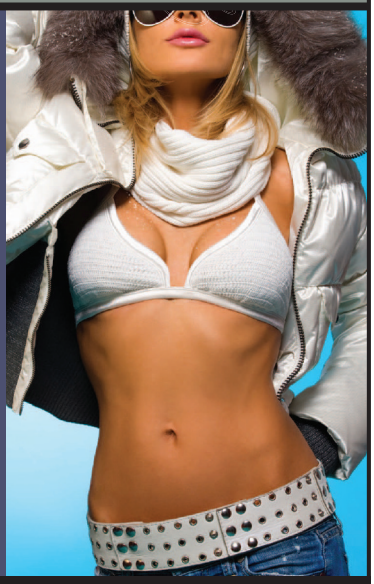

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SKATE, SKI, SLED AND MOISTURIZE!

TIPS FOR PROTECTING YOUR SKIN WHILE ENJOYING THE GREAT OUTDOORS

February is one of the coldest months of the year but that doesn't mean we need to hibernate. It's a time to get outside and celebrate one of the best things about living in Canada – winter activities. Everyone is feeling the urge to lace up the skates, snap on those skis or go tobogganing with the kids.

It's important to remember that winter activities mean winter skin – cold, dry and flaky. Dry skin can appear anywhere on the body, but the most common areas tend to be lower legs, arms, hands, elbows, back, knees and abdomen. In such cases skin can feel tightened or itchy.

Another factor to consider is the sun. Sure we might ignore it when the barometer is less than zero but exposed, unprotected skin is still vulnerable to damage from the sun's ultraviolet rays. Facial sunburns are just as likely to occur on the ski slopes as they are during a blazing hot day at the beach.

One of the great things about outdoor winter activities is the fitness benefits they provide at a time when it's tempting to stay on the couch. Whether we're walking up a hill or shoveling snow from the driveway, we tend to work up quite a sweat under all those layers of warm clothing. This perspiration can result in loss of body fluids and moisture which can lead to dry, chapped skin.

TAKE ACTION AGAINST DRY WINTER SKIN

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> Winter activities mean winter skin – cold, dry and flaky

Skin care tips for winter activity enthusiasts

Are you engaged in activities that keep you outside and exposed to the elements? Don't let dry, flaky skin become a hindrance. Here are some tips to help 'winter-proof' your skin.

1. USE A MOISTURIZER ON AREAS SUSCEPTIBLE TO DRY SKIN

The most common areas for dry skin include the legs, arms, hands, elbows, back, knees and abdomen . Cold, freezing air can dry out skin, even if you spend much of your time in the ski chalet drinking coco. Use an intense body lotion such as Olay Quench Advanced Relief to replenish any lost moisture.

2. LOWER INDOOR HEAT

While there's nothing like a hot shower or furnace to warm you up after a skating session, it's important to note that indoor heat has drying effects, so make sure you don't overdo it and consider using a humidifier at night which adds moisture to the air. Avoid harsh soaps when you shower and use a body lotion such as Quench Advanced Relief Body Lotion after you shower to lock in moisture.

3. KEEP HYDRATED

If you sweat on the slopes or elsewhere during winter, drink lots of water to avoid dehydration and dry skin.

4. PROTECT EXPOSED SKIN

Just because the temperature's cold, it doesn't mean that you won't get burned. Use a sunscreen with an SPF of 30 or higher, especially when in the snow. Sunscreen can help prevent wrinkles and other types of damage.

5. COVER YOUR LIPS

Lips are the first to dry out. A lip treatment with SPF protection will help keep your lips from drying and/or chapping.

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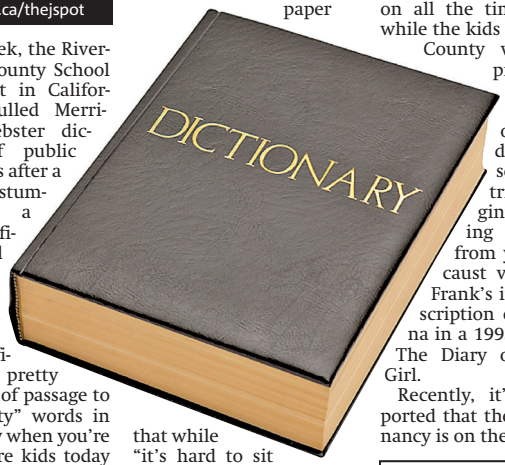
First reassessment of medical training in 100 years
A report released Thursday from the Association of Faculties of Medicine of Canada says it has a new blueprint for training Canadian medical students that addresses many of the challenges facing the current health-care system. THE CANADIAN PRESS

Banning sexual information

Removing accurate reference books is counterproductive

The J Spot
Josey Vogels
metronews.ca/thejspot



"Any kid with access to a computer and the ability to type ... into a search engine can get a lot more than a simple definition."

Last week, the Riverside County School District in California pulled Merriam-Webster dictionaries off public school shelves after a student "stumbled" upon a "graphic" definition for oral sex.

First of all, I doubt the kid "stumbled" upon the definition. It's pretty much a right of passage to look up "dirty" words in the dictionary when you're a kid. I'm sure kids today are not different.

And while the parent who complained may have found the definition — "oral stimulation of the genitals" — to be "graphic," I'm not quite sure how else one would define it.

In fact, I'm pretty sure the definition of the word "genitals," which this kid no doubt immediately looked up after "stumbling" upon the oral sex definition was equally, if not more graphic.

But luckily, the children of Riverside County will soon be protected from "stumbling" upon any graphic definitions as the district spokeswoman Betty Cadmus told the local paper that while "it's hard to sit and read the dictionary, but we'll be looking to find other things of a graphic nature."

Are they serious?

These days, any kid with access to a computer and the ability to type the words "oral sex" into a search engine can get a lot more than a simple definition. In fact, they can get definitions of it in Spanish, Italian and/or German as well as instructional videos on how to do it, pornographic images, and videos of it being done to information on how to protect oneself from STDs when doing it.

Still, banning books for their sexual content goes on all the time. In fact, while the kids of Riverside County were being protected from definitions of oral sex, students at a school district in Virginia were being protected from young holocaust victim Anne Frank's innocent description of her vagina in a 1995 version of The Diary of a Young Girl.

Recently, it's been reported that the teen pregnancy is on the rise for the first time in years. Some say this is no coincidence that this is happening after 10 years of mandated abstinence-only until marriage sex education in schools that has excluded or prohibited educators from teaching about contraception and condoms to young people in high school.

Keeping information about sex and sexuality doesn't help kids. Giving them solid, realistic and accurate information about it does. And frankly, I'd much rather my kid find out the definition of oral sex from a credible source such as the Merriam Webster dictionary than a really seriously graphic porn website like oralsex101.com.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Busting big health myths

ROMINA MCGUINNESS
for Metro World News

HEALTH MYTHS We all swear by some wacky exercise routine or crazy diet we think will leave us feeling lean and healthy. Celebrity fitness trainer James Duigan (model Elle Macpherson has been his client for the past 10 years) sheds some light on some of the biggest myths and misconceptions of food and exercise.

• **NO PAIN NO GAIN** You want to train smart, not hard. You can have an intense workout but that doesn't mean it has to hurt. Make sure you exercise with the correct goal; building muscle, toning up or burning fat.

• **EXERCISE ALONE IS ENOUGH TO LOSE WEIGHT** Eighty per cent of weight loss is to do with your nutrition and only 20 per cent is to do with exercise. Nutrition will not only affect your weight, it will also dictate how you look, feel and think — it has a huge effect on your mental state of mind. Drink a Coke and eat ice cream, and half an hour later you're likely to suffer from a huge sugar rush as your body has taken in large amounts of chemicals, sugar and artificial flavours. If you are serious about losing weight then you should minimize your intake of sugar, flour, bread and pasta — they are the most commonly abused. Alcohol should also be strictly limited as it's a real fat bomb says Duigan.

• **BAN ALL FATS FROM YOUR DIET** The body needs fat but people need to understand the crucial difference between good fats and bad fats. Essential fatty acids, found in oily fish (salmon, mackerel), avocado, nuts and flaxseeds, are the good kind. Duigan recommends taking two oily fish capsules a day to avoid deficiencies.

• **STICK TO THREE MEALS A DAY AND NEVER SNACK IN BETWEEN MEALS** The fastest way to strip fat is to eat foods containing plenty of fiber and protein, little and often. When training celebrities for a movie, Duigan makes them eat up to eight times a day and sometimes every hour in order to keep their metabolism ticking along.

• **NEVER EAT CARBOHYDRATES IN THE EVENING** Many people believe that they won't be able to burn off carbs at night but this is a bit of a myth. Carbs can actually help you get a good night's sleep so the best thing is to split your carb intake. The best is to combine a bowl of porridge for breakfast and brown rice at dinner.

• **IT'S NOT THE CALORIES THAT MATTER, BUT WHAT YOU EAT** It is and it isn't. You must be careful about what you eat and aware of the calories you are consuming. Getting your calories from organic fruit, meats and vegetables is better than getting them from processed foods

• **VEGETARIAN DIETS ARE HEALTHIER THAN MEAT ONES** Everyone is different, some people respond extremely well to vegetarian diets whereas others can get very sick. Healthy vegetarians should count themselves lucky as most people need meat in their diet. Many vegetarians are lacking a complete protein spectrum. Word of advice, pea protein has a brilliant amino acid profile; as do pulses, beans and whey powder.

• **LIFTING WEIGHTS WILL MAKE YOU LOOK BULKY** Unless you lift extreme weights then there is no reason for this to happen. The best thing is to avoid training like a body builder, therefore don't train with one. People will train you the way they train themselves, so if your trainer has veins popping out of their eyeballs, then it's probably best you avoid working out with them.

• **THE BEST TIME TO WORK OUT IS IN THE MORNING** Work out whenever you can and don't get caught up on the idea that there is a wrong or right time to exercise. Just do what suits you and your lifestyle best

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Keeping your New Year's resolutions

CELIA MILNE
for Metro Canada

HEALTH GOALS Many New Year's resolutions have been broken by now.

Losing weight, exercising more, quitting smoking and reducing stress are laudable goals, but not easy to maintain.

The good folks at Saint Louis University in Missouri bring us some tips for sticking to our resolutions.

• **SET ATTAINABLE GOALS** Instead of saying, "I'm going to reduce my stress," tell yourself how you will get there.

For example, make a schedule that includes yoga or cardio three times a week.

Declaring your health goals to your doctor will help you keep them.

• **HAVE A SUPPORT SYSTEM** Ask friends and family to help you.

• **DECLARE YOUR GOALS** Tell your family doctor or other trusted health professional what you are planning to do.

This will ensure that the plan is safe to begin with and, once you are underway, will mean you are accountable to someone you respect.

• **BE POSITIVE** Instead of thinking about what you are giving up, picture yourself as you will be when you achieve your goals.

For instance, if you're trying to lose weight, think about how good you will feel in a new, smaller size spring wardrobe.

• **DON'T SWEAT THE DETAILS** If you slip up, don't worry. It's the big picture that counts — lifelong better health.

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The right (amount of) stuff
Health Canada outlines recommended daily intake for vitamins and minerals, as it is possible to overdose. A multivitamin delivers the right amount. **NEWS CANADA**

A rested mind holds more memories

When you learn something new and want to commit it to memory, it's often suggested that you take a little time to let it sink in.

This advice assumes new meaning in an intriguing study that scrutinized the brain before, during and after a task, and discovered interesting levels of activity in certain areas of the brain in a rest phase after the task. The researchers found that more brain activity during rest predicted better performance in a subsequent memory test.

"We wanted to look to see whether there were times of relative rest during the day that would allow your brain to sort of replay your recent experiences, and if that occurred, whether that would actually have any impact on memory," says Lila Davachi, an assistant professor of psychology and neural science at New York University, and senior author of the paper published this week in the journal Neuron.

By way of background, she explains that as memories get older, they become consolidated — stronger and more resistant to being forgotten.

"It's thought to be due to the fact they become more distributed in the brain so that instead of one part of the brain representing that memory, making it relatively sensitive and weak to changes, the memories over time become distributed and supported by multiple regions of the brain," she says.

"There's very good evidence that this kind of redistribution or consolidation of memory happens during sleep."

She and her team decided to look at the possible role of rest during the day.

The study began with baseline brain scans of 16 people aged 22 to 34 in a functional MRI. There were scans as they went through tasks that involved looking at images of faces, objects and scenes, and further scans during rest periods.

"Over a 20-minute period they performed an active task where we were showing them pictures of faces and objects and they were actively having to incorporate the two visual stimuli in each trial and make a response," Davachi says in an interview from New York.

"After that we simply told them to lay awake and rest in the scanner for another eight minutes, and that was our critical scan."

The researchers focused on brain regions that are believed to play a role in memory.

"What we found during the rest scan after the task is that the hippocampus was interacting more closely with the cortex than what we saw before the task," Davachi says.

"And it was interacting with the part of the cortex that we know was active during the task ... so in other words this part of the cortex — part of the visual cortex — was responding on every trial to these faces and objects. And it looked like after the task was done, as subjects were resting, that activity seemed to still exist during the rest scan."

In a post-study questionnaire, no subjects reported they had been thinking about any of the preceding stimuli during the rest scans.

Morris Moscovitch, a senior scientist at Toronto's Rotman Research Institute at Baycrest, says the results are interesting and exciting.

"What they've shown is that you form connections between various regions while you're encoding," says Moscovitch, who's also a professor of psychology at the University of Toronto.

He says the findings go along with the idea that if you learn something you should probably take a little time afterward to let it sink in.

"The simple lesson I guess to learn is that after you've had a period of intense learning, try not to now start learning something else intensely again."

Davachi notes that more study is needed. For instance, it's not known whether lying in a bed on a scanner in a dark room with eyes open is equivalent to the sort of rest one might get during a coffee break.

But the data suggest that moments of relative rest during the day — taking a walk, having a coffee break — might allow the brain to perform an active process that may encourage memory formation, she says.

THE CANADIAN PRESS

> **"The simple lesson I guess to learn is that after you've had a period of intense learning, try not to now start learning something else intensely again."**
> Morris Moscovitch, a senior scientist at Toronto's Rotman Research Institute

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Chicken linked to urinary tract infections

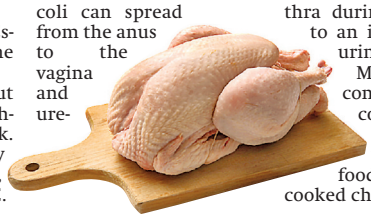
CELIA MILNE
for Metro Canada

SEXUAL HEALTH A researcher at McGill University in Montreal has found that E. coli bacteria found in chicken can indirectly cause urinary tract infections in women.

This bacteria, called Escherichia coli, lives in the intestine.

It can cause illness, but can also live there without making someone sick.

The new study, led by Amee Manges of McGill, found that in women, E. coli can spread from the anus to the vagina and urethra during sex, leading to an infection in the urinary tract.



Manges advised consumers to avoid contaminating kitchen surfaces and other foods with uncooked chicken juices.

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Food

Waves of chocolate

Shape matters in the competitive chocolate bar business. The makers of Nestlé Noir bars asked themselves: Why is chocolate made in almost flat squares? After three years and three dozen experimental shapes, they have introduced the wave. This new shape, its surface partly rippled, is meant to add visual appeal and improve that melt- in-your-mouth quality. Available at grocery and retail outlets for $3.99 (100g). TORSTAR NEWS SERVICES

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Perking up recipes

New CBC host Osmond teaches back-to-basics cooking

CELIA MILNE
for Metro Canada

Kary Osmond will have you chopping, stirring and grilling in no time.

This bubbly brunette with big blue eyes blends cooking know-how with passion and flare. She's the host of CBC's new show Best Recipes Ever, on every day at 3 p.m.

Osmond, 30, grew up in a home where cooking was like breathing. Her parents owned a Ukrainian deli and catering business in Mississauga, Ont., so almost everything they did revolved around food. It was natural for her to help out, chopping vegetables and rolling Swedish meatballs even as a child. To this day, she thinks about cuisine all the time. "I sleep with cookbooks," she laughs.

In fact, Osmond thought all kids cooked, until she went away to school, where she realized none of her roommates had the faintest clue how to cook rice. So she taught them.

Osmond attended George Brown College Chef School and has worked as a chef. She always wanted to do a cooking show, but realized it might never happen. "I thought: How will I get started? I have no credibility. No one knows me." She took a job in marketing.

On the side, she planned a website for beginner cooks. She posted a temporary page showing her picture and bio. A recruiter for the CBC saw it and asked her to come in for an audition.

Believe it or not, the audition was Osmond's first time in front of a camera. That freshness and spunk is what got her the job. "It's a dream come true," she says.

She was somewhat humbled after rehearsals, when CBC producers sent her home with a tape of herself, which she excitedly showed her husband. "I looked like a cooking show host on speed," she laughs. "I wasn't breathing or pausing. I was nervous."

Osmond taught herself to simmer down. She's now a veteran, with dozens of shows under her belt. Each show has a theme, such as Soup for Dinner or Best Three Appetizers. She chooses dishes from Canadian Living's 30-year-old recipe library Tested Till Perfect.

"I'm having the time of my life," says Osmond. "I'm so excited to teach Canada to cook. The recipes will turn out every time. I promise."

PHOTOS COURTESY OF CBC

Kary Osmond, host of the new show Best Recipes Ever, was recruited by the CBC based on a website she designed for beginner cooks. Her show airs daily and features a different theme each episode.

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Scan this barcode for recipes from the show Best Recipes Ever.
Learn how to scan the barcode with the instructions at the top of pg 3

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James offers cash for canine
Jesse James really wants to find his missing dog — and he's willing to dig deep into his pockets. James just tweeted on Sunday that he was raising the reward for Cinnabun to an even $5,000 US. The dog went missing a week ago in Long Beach, Calif. TMZ.COM

Entertainment

One for Haiti
Simon Cowell's Helping Haiti charity single was completed on Saturday night. The song, a cover of REM's Everybody Hurts, features 21 artists, including Rod Stewart, Mariah Carey, Jon Bon Jovi and Susan Boyle. FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

Roberts finds Edge

Canadian actor lands major Hollywood roles

IAN GORMELY
for Metro Canada

Canadian actor Shawn Roberts co-stars with Mel Gibson in action thriller Edge of Darkness.

Edge of Darkness is playing in theatres

In their never-ending attempt to entice moviegoers to their features, film studios often simplify complicated or convoluted plots in film trailers. But in doing so, they sometimes fail to convey the full scope of a movie. So is the case with Edge of Darkness, Mel Gibson's first acting role since 2003.

Trailers have sold the film as a revenge thriller with Gibson, cast as a father pushed to the edge trying to find his daughter's killer. And while that is at the heart of the film, it's only one element of this multi-faceted film.

"Yes, there's much more of a story there," jokes Shawn Roberts who plays Gibson's daughter's boyfriend in the movie. "It's one of those old fashioned movies."

That story, which also includes double crosses and political and corporate intrigued was based on a 1985 BBC series of the same name and adapted, among others, by William Monahan who also penned The Departed.

Roberts, a Stratford, Ont., native who now spends most of his time in Vancouver, shared all of his scenes with Gibson, who he described more than anything as "just a guy."

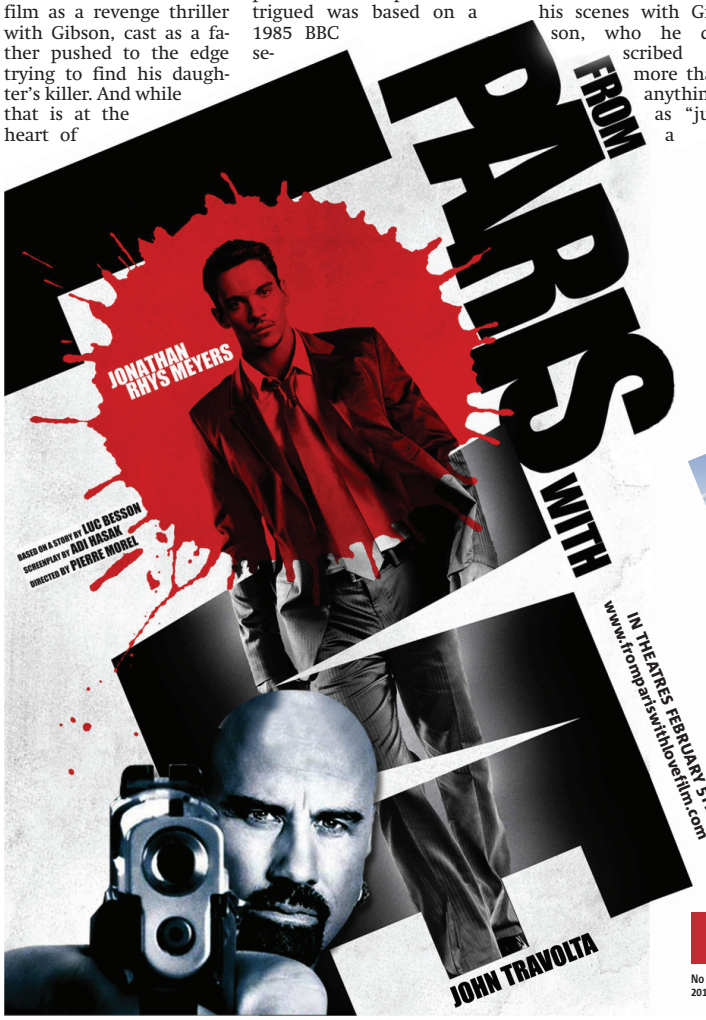
"He can go from being Mel Gibson, to being (his character) Thomas Craven in a flash. I'm sitting there on the side of the set getting ready for my seven pages of 'Oh my God, I'm just about to die' dialogue and he's fiddling around with stuff on set, and joking with crew members. And the second that rolling is called out, he's there and he's on."

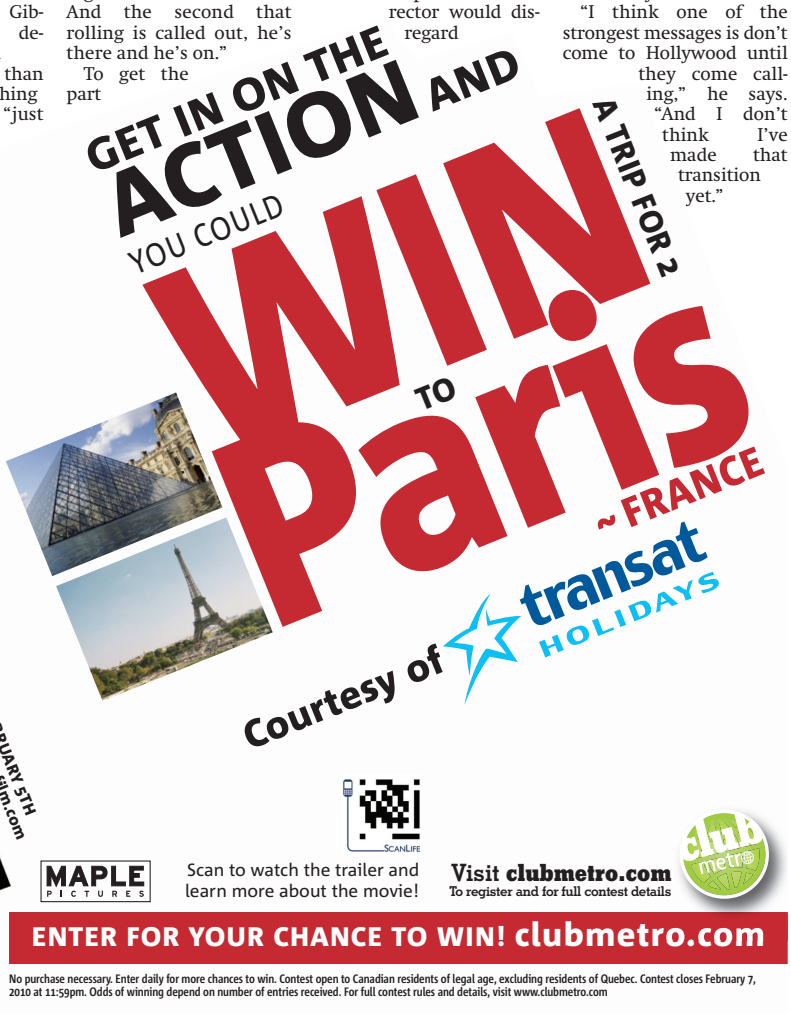
To get the part Roberts made an audition tape and sent it to the film's director, Martin Campbell. But after some reflection Roberts decided to send another.

"I made one tape up in Vancouver and sent it down, but I wasn't terribly pleased with it," he says. He decided to make another in the hopes that the director would disregard the original. "You can keep it, you can send it," he thought, "but I'm making another one."

Despite the high profile Hollywood gig, which will be followed by a role in the latest instalment of the Resident Evil series, Roberts's still doesn't see himself as having "made it" in Hollywood.

"I think one of the strongest messages is don't come to Hollywood until they come calling," he says. "And I don't think I've made that transition yet."





Broken Social Scene announces new album

Broken Social Scene will be releasing a new, as-yet-untitled album on May 4, on Arts & Crafts. Co-produced by the band and Tortoise's John McEntire, the new album is the followup to the band's self-titled third record, released in 2005. METRO NEWS SERVICES

Nomination day for Oscar

Avatar director James Cameron reviews a scene with actors Sigourney Weaver, Joel David Moore and Sam Worthington. The film is expected to be nominated for several Academy Awards today.

James Cameron can deliver an audience, whether at movie theatres or at the Academy Awards, whether in the frosty North Atlantic or on a lush world light-years away.

The Canadian director's science-fiction sensation Avatar is among a strong crop of popular films in the running for Oscar nominations today, the sort of hits organizers hope can elevate the modest TV ratings the ceremony has drawn in recent years.

Along with Avatar, prospects in the Oscar's newly expanded best-picture race of 10 films include two other sci-fi smashes, Star Trek and District 9, the Second World War hit Inglourious Basterds and the animated blockbuster Up.

Also contending are such critical darlings as the recession tale Up in the Air from Montreal-born director Jason Reitman, the war-on-terror thriller The Hurt Locker, the Nelson Mandela story Invictus and the teen dramas An Education and Precious: Based on the Novel Push By Sapphire.

Among acting favourites are lead players Sandra Bullock for the football drama The Blind Side and Jeff Bridges for the country-music tale Crazy Heart, and supporting performers Mo'Nique for Precious and Christoph Waltz for Inglourious Basterds. All four won Golden Globes for the roles.

The Oscar nominations will be unveiled today

Cameron made the two biggest modern blockbusters with 1997's Titanic, set aboard the doomed luxury liner on its maiden Atlantic crossing, and Avatar, a tale of humans and aliens in conflict on a distant moon.

Titanic did $1.84 billion US at the box office worldwide. Just before his new sci-fi epic opened in December, Cameron said, "I don't expect that kind of performance out of Avatar."

Yet Avatar, which won for best drama and director at the Golden Globes, has shot past Titanic, heading beyond $2 billion with plenty of box-office life left in it.

Oscar TV ratings typically rise when a major commercial hit is among the favourites. Titanic dominated the Oscars and lured the biggest TV audience ever — 55.2 million viewers — for Hollywood's premier party.

The TV audience has been well below that mark since then, bottoming out at 32 million two years ago, when No Country for Old Men was the big winner, and coming in at 36.3 million last year, when Slumdog Millionaire took best picture.

Oscar organizers decided last summer to double the best-picture field to 10 movies, saying they felt there were more than five worthy contenders.

The expanded best-picture category caught Hollywood by surprise, with filmmakers, actors, studio executives and others divided over the idea. Some say it opens the Oscars up to a broader range of films, others think it might allow lesser movies to sneak into the best-picture competition.

Among those with reservations:

— "I'm never up for lowering the standards. Every one of the nominees should be able to win best picture, and if that can't be said, I'm not sure what the reasoning is behind it," said M. Night Shyamalan, who made the 1999 best-picture nominee The Sixth Sense.

— "Does that make the awards more prestigious? No. I think it makes it less prestigious," said Harry Potter producer David Heyman. "But listen, if I were ever one of the 10, I'd be very proud and very happy."

— "It seems like it might take away a little bit of the exclusivity of being a nominee out of five, rather than to be a nominee out of 10," said Michael Douglas, a producer of 1975 best-picture winner One Flew Over the Cuckoo's Nest and the 1987 best-actor winner for Wall Street.

Among those who think it might be a good idea:

"Consider critics. No critic has trouble coming up with a top-10 list," said The Dark Knight director Christopher Nolan, who earned a screenplay nomination for 2001's Memento. "When you look at the critics' top-10 lists, they're broad lists, a lot of different types of movies. That works very well for critics, and maybe it'll work for the academy."

"I believe in a year where you would have Up in the Air and Precious alongside Avatar and Up, I think all it does is bring more attention to the smaller films maybe people wouldn't see," said Jake Gyllenhaal, a 2005 Oscar nominee for Brokeback Mountain.

THE ASSOCIATED PRESS

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I Am Ozzy covers every gory detail of rock outlaw

PAT HEALY
Metro World News

He has bitten the heads off live creatures, tried to strangle his wife, urinated on the Alamo, and he has even been accused of putting subliminal messages in his music that would make listeners want to kill themselves.

To say nothing of the fact that he was the voice behind some of the heaviest songs in the rock 'n' roll canon. Despite all of this, in his autobiography, Ozzy Osbourne comes across as quite likable.

"I like to think that I'm a good guy," says Osbourne, "I've done some f—ing crazy f—ing things. I've done some things that I'm not proud of."

"Being successful is one thing, but I've also been successful and broke."
Ozzy Osbourne

Osbourne drops about three F-bombs per minute, and his mumbled British accent is surprisingly easier to understand than when his show on MTV spawned a host of comic impersonations.

His book, I Am Ozzy is an against-the-odds tale of dead end jobs that included tenures at a car horn tuning plant and a slaughterhouse. After six weeks in prison for burglary, he put a sign up in a music store saying he was available as a singer. Black Sabbath formed soon after, taking his career to new heights, in more than one way.

"I was drinking and doing piles of f—ing drugs," he says.

The Ozzy saga is a roller-coaster that includes him being fired from the band, starting a solo career the eclipsed that of his former group, losing his best collaborator in a freak airplane accident, and of course The Osbournes TV show that put him in living rooms where they had never heard his music.

I Am Ozzy is an against-the-odds tale of rock 'n' roll success

"I've had my ups and downs," says Osbourne. "Being successful is one thing, but I've also been successful and broke."

Now he seems to have his life under control. He says he gave up the booze a few years ago.

"I don't think I'd ever written this book if I'd still been drinking," he says. "I don't think I'd still be married if I'd still been drinking. There's a good chance I wouldn't even be alive if I'd still been doing all that stuff."

writing the wrongs

Osbourne says in his book that he is dyslexic, so how did he manage to pull off this book?

"I didn't actually put pen to paper," he says. Instead, British journalist Chris Ayres interviewed Osbourne extensively, and Ozzy would recount what he remembered, which sometimes proved difficult with what Osbourne says is "the jelly that I call my brain."

Salinger at the Smithsonian
The Smithsonian's National Portrait Gallery is installing a portrait of The Catcher in the Rye author J.D. Salinger. Salinger died Wednesday at age 91. THE ASSOCIATED PRESS

DVD picks

Zombieland

Director: Ruben Fleische

THIS IS A ROAD movie and a buddy comedy, and it's funny as hell, but it's first and foremost a horror thriller about killing zombies. This means a lot of gnawed limbs, exploded skulls and things that go "ick" in the night — and day.

It's a point worth underlining, maybe even in blood, because the film Zombieland most resembles is Shaun of the Dead, which wasn't anywhere near as gory.

If you can't "nut up or shut up," as Woody Harrelson's redneck zombie zapper Tallahassee commands, then you're not even as brave as Woody's travelling companion Columbus, played by Jesse Eisenberg with his usual neurotic intensity.

Columbus can't make it with the ladies, even undead ones, but he's learned how to handle a shotgun (he's a crack shot, too). In his secondary role of narrator, he lists the survival rules he's developed to evade and eliminate zombies (No. 1: have good cardio for running).

Neither of these well cast dudes is a match for sisters Wichita (Emma Stone) and Little Rock (Abigail Breslin), fellow drifters on the body-strewn road.

Together they pinball across the country, heading towards the California amusement park they've heard might be zombie-free.

First-time director Ruben Fleischer, who hails from video games, and his TV screenwriters Rhett Reese and Paul Wernick have stitched together a real Frankenstein of a plot, but don't take that as a bad thing — and watch for the best cameo of 2009. Nut up or shut up!

Extras include cast and crew commentary, deleted scenes and making-of featurettes.

Amelia

Director: Mira Nair

EVERY UTTERANCE BY Hilary Swank in her interpretation of flying legend Amelia Earhart seems like either a motivational bromide ("What do dreams know of boundaries?") or a statement of female empowerment ("I want to be free").

Mira Nair's film strives too hard to be profound and not enough to be merely human. Swank bears a resemblance to Earhart, but her problematic accent sounds more like Annie Oakley and her various declarations are almost entirely banal.

What's lacking is any real sense of the woman behind the cardboard sentiments, the one who grew from a Kansas farm girl fascinated by flight into a record-breaking aviatrix whose mysterious 1937 disappearance over the South Pacific still fascinates the public mind.

"There's more to life than being a passenger," Earhart says early on, but the film ultimately takes all of us for a ride.

Extras include deleted scenes, featurettes and Movietone News.

Black Dynamite

Director: Scott Sanders

SADLY GOING STRAIGHT to DVD, instead of getting the theatrical release it deserves, this Sundance '09 sensation gleefully rocks every black stereotype imaginable.

Director Scott Sanders lovingly riffs on the "blaxploitation" movie genre of the 1970s; low-budget actioners where black anti-heroes with names like John Shaft and Foxy Brown busted crime in the ghetto, all while flipping the bird to "whitey" and "The Man."

It's more than just a straight send-up. No one winks at the camera, except in one scene when a boom mike strays into the picture. Michael Jai White plays the title star. He could give Shaft a run for his gun — and also for the ladies.

Black Dynamite is a celebration of how much fun blaxploitation movies were, just as Austin Powers makes light of James Bond. You have to feel good about yourself if you're willing to mock yourself.

Extras include a director and cast commentary, deleted and alternate scenes and a making-of featurette.

Peter Howell/for Metro Canada

Madonna, Jesus split up: Report
Madonna has reportedly parted ways with her Brazilian model boyfriend, Jesus Luz, ending the relationship because they "ran out of things to talk about," according to Hollyscoop. METRO WORLD NEW

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Transformers, Land lead Razzies pack

AWARDS Transformers: Revenge of the Fallen made a fortune. Land of the Lost tanked.

Both films are equal earners at the Razzies, though, grabbing seven nominations each on Monday, including worst picture of 2009 and worst-acting slots for Will Ferrell and Megan Fox.

Other worst-picture nominees: Sandra Bullock's romance All About Steve, the action tale G.I. Joe: The Rise of Cobra and the Robin Williams-John Travolta comedy Old Dogs.

Bullock earned a worst-actress nomination for All About Steve. She's expected to score an Academy Award nomination today for her hit drama The Blind Side.

"She could be the first person ever to win a Razzie and an Oscar in the same weekend," said John Wilson, founder of the Golden Raspberry Awards, now in their 30th year of singling out Hollywood's low points. Winners will be announced March 6, the night before the Oscars.

Razzie voters also are making worst-of-the-decade picks. The worst-picture nominees are Travolta's Battlefield Earth, Tom Green's Freddy Got Fingered, Ben Affleck and Jennifer Lopez's Gigli, Lindsay Lohan's I Know Who Killed Me and Madonna's Swept Away.

"(Sandra Bullock) could be the first person ever to win a Razzie and an Oscar in the same weekend."
John Wilson

Affleck and Travolta are up for worst actor of the decade, along with Eddie Murphy, Mike Myers and Rob Schneider. Lohan, Lopez and Madonna are nominated for the decade's worst actress, along with Mariah Carey and Paris Hilton.

Wilson said the worst-actress category probably would come down to Hilton and Lohan, while "Eddie Murphy I would guess would be pretty hard to beat as worst actor of the decade."

Razzie 2009 nominees also include Miley Cyrus as worst actress and her dad, Billy Ray, as worst supporting actor for Hannah Montana: The Movie.

Robert Pattinson was nominated as worst supporting actor for The Twilight Saga: New Moon. Co-star Kristen Stewart is in the running for worst screen couple paired with either Pattinson or New Moon player Taylor Lautner.

THE ASSOCIATED PRESS

Transformers: Revenge of the Fallen has been nominated for seven Razzies, which honours the worst films of the years.

Lost for the last time

Fans bid farewell to series stars at Hawaii premiere

What is that black smoke monster? Will Jack's plan to rewrite history work? Will Sun be reunited with Jin? Will the real Locke please stand up? What happens to the island? What does it all mean? How will it end?

Thousands of fans travelled from around the world to the home of Lost in a quest to get some answers to the questions that have piled up in the first five seasons. And they finally got what they were searching for — sort of.

ABC PHOTO

Lost star Josh Holloway waves to fans at Saturday's Honolulu screening of the season premiere of the ABC series.

A crowd of about 12,000 — some wearing bikinis — on Waikiki Beach were treated this weekend to a special screening of the season premiere, which airs tonight on ABC and CTV and kicks off the sixth and final season of the cast-away drama.

Lost Season 6 premieres tonight on CTV

Stars and directors of Lost made an island-style, red-carpet appearance and bid "aloha" to the fans and each other.

Actor Josh Holloway soaked it all in amid a chorus of screaming, photo-snapping women packed 10 deep behind metal gates.

"It's like being in high school. It's like being a senior — getting near the last days of school," said Holloway, who stars as hunky, bad-boy Sawyer.

In 16 episodes, the emotional journey will be ending for the characters and actors, most of whom were unknown before Lost.

"I was a struggling actor in the U.K. I came to Hawaii and now I'm on a hit show, so it's changed my life totally," said Henry Ian Cusick, who plays Desmond.

Nestor Carbonell, who plays Richard, the ageless Other, called it an "incredible ride," that he's not so certain he wants to end.

Evangeline Lilly, who stars as sexy jailbird Kate, said it'll be an "end of an era" for her personally. She was 24 when she joined the show and will be 31 when the show wraps this summer.

"This show has carried me through some significant years and I'm going to miss it," she said.

"I'm also excited. I'm excited for the freedom and opportunity it'll bring. But it'll be bittersweet."

THE ASSOCIATED PRESS

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SECOND CUP

Heaton returns to family role in The Middle

Patricia Heaton is a wife and mom again.

Of course, much is changed on The Middle, her freshman ABC domestic comedy, after Everybody Loves Raymond, where for nine hit seasons she played a frazzled hausfrau opposite Ray Romano.

"It's not normally a great choice, to repeat yourself," says Heaton, acknowledging her knee-jerk reluctance to go home again, sitcom-wise. But The Middle, which airs Wednesday at 8:30 p.m. ET, offered her a different place to settle.

"It's from the mom's point of view, and it's not with a bumbling dad who can never do anything right," she says. "It's about trying to keep the marriage lively and raise the kids right, but not having enough time and energy to do any of those things."

Heaton

The Middle — presided over by its middle-class, nearing-midlife couple, the Hecks — is rooted firmly in the Midwest. There, home is more loving and hopeful than on Raymond, if no less challenging, frantic and funny.

And frumpy. At 51, Heaton is a looker, but as pushed-to-the-limit housewife Frankie, she looks authentically dressed down.

"The plainer I am, the better," says Heaton. "I have these bangs that I clip on. The bangs are the last thing to go on. Then, I can really do the character."

THE ASSOCIATED PRESS

France honours Carrey, McGregor
France has honoured actors Jim Carrey and Ewan McGregor by naming them knights in the prestigious National Order of Arts and Letters. The two are in Paris to promote their upcoming gay romance, I Love You Phillip Morris. THE ASSOCIATED PRESS

Wainwrights sing at mother's funeral

Rufus and Martha Wainwright both sang yesterday at a funeral celebrating the life of their mother, renowned folk artist Kate McGarrigle.

"I will miss her smile, I will miss her hands," Rufus Wainwright told the congregation of about 500 gathered at Montreal's Notre-Dame Basilica.

"I will miss her reckless humour."

Martha Wainwright led a chorus of McGarrigle's last song, Proserpina, and said she would always carry her mother in her thoughts and her heart.

Emmylou Harris, who covered McGarrigle's music, also performed at the two-hour service in honour of the singer, who died two weeks ago after a battle with cancer at age 63.

McGarrigle and her sister Anna became known as the McGarrigle Sisters and began their careers performing at Montreal coffeehouses in the 1960s with a group called the Mountain City Four.

Rufus Wainwright is kissed by sister Martha following the funeral of their mother, Kate McGarrigle, in Montreal yesterday.

Their first album, Kate and Anna McGarrigle, was released in 1975 to critical acclaim. It was selected as one of the best albums of the year by London's Melody Maker and the New York Times.

Some of their most well-known tunes included The Work Song, Cool River and Lying Song.

But they were perhaps best-known to Canadians for their distinctive rendition of Wade Hemsworth's The Log Driver's Waltz, which was featured in a 1979 animated short done by the National Film Board.

In addition to Harris, other artists who covered McGarrigle's songs included Linda Ronstadt, Judy Collins, Elvis Costello and Billy Bragg.

While music played a prominent role in the funeral, Kate McGarrigle's personal qualities as a person and a mother were highlighted by speaker after speaker.

Rufus Wainwright said his mother was fearless about zeroing in on the truth of a situation and stating it.

And one of the most touching moments of the service came when Anna McGarrigle came to the podium to read a poem for her sister and noted with a touch of wistfulness, "Usually when I'm on stage, it's with Kate."

THE CANADIAN PRESS

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club metro

Humber plays for Haiti

All proceeds from Humber College's Latin Jazz Night concert tomorrow at the Humber Lakeshore Auditorium, 3199 Lake Shore Blvd., will go to the Haitian Earthquake Relief Fund. METRO NEWS SERVICES

Torn arraigned on charges

Alcohol rehab expected following alleged drunken bank incident

Rip Torn was so intoxicated when he broke into a Connecticut bank carrying a loaded gun that he thought he was home, taking off his hat and boots and leaving them by the door, according to court records.

The 78-year-old actor was wearing the same battered boots yesterday when he was arraigned on several charges after spending the weekend in a police holding cell near his hometown of Salisbury, in northwestern Connecticut.

Torn, who did not enter a plea, was released on $100,000 US bond a few hours later and waded through a phalanx of media to a friend's waiting vehicle. He smiled and wished onlookers a nice day but did not answer questions about the arrest.

He is expected to enter an alcohol rehabilitation centre in New York as early as today, according to his attorney.

Torn was given probation last year in a Connecticut drunken driving case and allowed to enter an alcohol education program. He completed the first stage of that program.

He also has two previous drunken driving arrests in New York.

"The history here is clear that there's an alcohol issue that needs to be addressed," his attorney, A. Thomas Waterfall, told Bantam Superior Court Judge John W. Pickard.

The Men in Black actor is accused of breaking into the Litchfield Bancorp branch through a window Friday night in Salisbury, where officers responding to an alarm found him wandering in the lobby and nearly incoherent.

According to court records, Torn was disoriented, reeked of alcohol and asked the state police troopers repeatedly why they were taking him out of his home.

"Obviously, he wasn't there intending to commit a crime, in my estimation," Waterfall said.

Officers found a loaded .22-calibre revolver in Torn's pocket, according to court records, and a breath test showed his blood-alcohol content as 0.203 per cent — more than twice the 0.08 legal limit for driving in Connecticut.

Torn is charged with criminal trespass, carrying a gun without a permit, carrying a gun while intoxicated, burglary and criminal mischief. His case was transferred to a court in Litchfield that handles more serious cases because of the weapons charges.

He remembers nothing of that night, Waterfall said yesterday after the arraignment.

GETTY IMAGES FILE PHOTO

Rip Torn is expected to enter alcohol rehabilitation today following allegations he drunkenly broke into a bank with a gun.

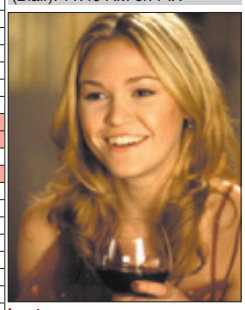
THE ASSOCIATED PRESS

to	Vu	SD	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
2/2/10	265	353	2	TVO	Blue Realm (DVS)		The Agenda With Steve Paikin		Criminal Justice (N)		Boy-Never Grow Old		Agenda-Paikin
	211	331	3	GTV	Entertainment	ET Canada	NCIS "Masquerade" (N)		NCIS: Los Angeles (N)		The Good Wife "Bad"		News Hour
	215	343	4	OMN1	Two/Half Men	The Office	Omni News: Italian Edition (N)		Vivere V	Omni News:	Law & Order: Criminal Intent		Metropia
	210	302	6	CBC	Wheel Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes (N)	Kids in-Hall	Comedy	CBC News: The National		The Hour
	214	344	7	CITY	Law & Order: Special Victims		The Biggest Loser The blue and yellow teams return. (N)				The Jay Leno Show (N)		News
	212	313	8	CTV	etalk	Access H.	American Idol (HDTV) (N)		Lost The aftermath from the bomb detonation. (N)				CTV News
	218	345	11	CHCH	*Caddyshack* ★★ (1980, Comedy) Chevy Chase, Bill Murray.				*Fatal Beauty* ★ (1987, Crime Drama) Whoopi Goldberg.				News at 11 (N)
	-	-	14	-	Family Guy	The Simpsons	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King/Queens	Cold Case
	213	326	15	SUN	George Lopez	The Insider (N)	Funniest Pets	Funniest Pets	To Serve and Protect		The Insider	Hitchcock Pres	Becker
	-	387	16	CBS	Inside Edition	Access H.	NCIS "Masquerade" (N)		NCIS: Los Angeles (N)		The Good Wife "Bad"		News 4 at 11
	-	385	17	NBC	Entertainment	The Insider (N)	The Biggest Loser The blue and yellow teams return. (N)				The Jay Leno Show (N)		News
	-	386	18	ABC	Wheel Fortune	Jeopardy! (N)	Lost "Final Chapter" (N)		Lost The aftermath from the bomb detonation. (N)				News
	219	346	20	ACH-B	Degrassi	TMZ (N)	*Ali* ★★★ (2001, Biography) Will Smith, Jamie Foxx, Jon Voight.						A News
	-	-	28	FOX	Judge Judy	Two/Half Men	American Idol (HDTV) (N)		Kitchen Nightmares (N)		Seinfeld	Two/Half Men	The Simpsons
	-	388	61	PBS	PBS NewsHour	Foot in Grave	Nova (HDTV) (N) (DVS)		Frontline "Digital Nation" (N) (DVS)			American Future: A History	
	297	652	330	WPX	Two/Half Men	Family Guy	90210 (HDTV)		Melrose Place "Gower"		PIX News at Ten Tong.		Two/Half Men
	296	654	331	SBK	The Insider (N)	Entertainment	Law & Order: Special Victims		WBZ News (N)	'70s Show	Frasier	Frasier	The Office
	298	653	332	TLA	The Tyra Show (N)		According-Jim	Family Guy	KTLA News	KTLA News	Two/Half Men	Two/Half Men	90210
	502	390	26	NW	Connect Today's biggest stories. (N)				CBC News: The National		CBC News: the fifth estate		National
	500	500	33	CNN	Situation Room-Wolf Blitzer		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
	509	504	79	CNB	Kudlow Report (Live)		Coca-Cola: The Real Story		Marijuana Inc.: Pot Industry		Porn: Business of Pleasure		Mad Money
	405	417	22	net	NHL Hockey New Jersey Devils at Toronto Maple Leafs. (HDTV) (Live)					Sportsnet Con.	Sportsnet Connected		Hockey Central
	400	400	30	TSN	That's Hockey!	Curling Scotties Tournament of Hearts. From Kindersley, Sask. (Live)						SportsCentre (Live)	
	411	457	58	OLN	Ghost Hunters		Destination Truth		Operate-Repo	Operate-Repo	Ghost Hunters International		Destin. Truth
	417	406	81	SC	Pass Time	NASCAR Hub	Monster Jam (HDTV)		Super Bikes!	Super Bikes!	Dangerous Drives (HDTV)		Pass Time
	551	542	25	YTV	iCarly	Fries That?	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz	To Be Indie	Prank Patrol
	554	544	45	TEL	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	Futurama	Robot Chicken
	556	540	51	FAM	Sonny Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
	602	567	27	W	Supernanny		The Shopping Bags		Beauty Call	Style by Jury	How to Look Good Naked		Beauty Call
	570	580	29	MM	America's Best Dance Crew		Degrassi: TNG	Degrassi: TNG	My Date With...	Muchmusic Countdown			MuchOnDem
	615	520	31	A&E	Criminal Minds (HDTV)		Criminal Minds (HDTV)		Psychic Kids: Paranormal		Paranormal	Paranormal	Paranormal
	700	800	35	TLN	Centrovetrine	Sky TG 24	Distretto Di Polizia		David Rocco	Magnifica Italia	George Lopez	George Lopez	Lopez Tonight
	571	581	36	MMM	The Daily Fix		Ranked!		I Want to Work for Diddy		Entourage	Wild 'n Out	mmtop10.ca
	575	583	38	CMT	Amer. Funniest Home Videos		Reba	Reba	According/Jim	According/Jim	Home Improve.	Home Improve.	This Is It
	616	521	39	SHO	Relic Hunter		*Love Notes* (2007, Drama) Laura Leighton, Antonio Cupo.				Drop Dead Diva		NCIS
	620	523	40	BVO	Sounds Like Motown		Live at the Rehearsal Hall		The Musical Brain		Synchronicity		Law & Order
	601	562	41	SLC	Rich Bride Poor Bride		Party Mamas	Party Mamas	Party Mamas	Wedding SOS	Wedding SOS	Wedding SOS	ET Canada
	522	506	43	HIS	Ancient Discoveries		Cities of the Underworld		Pawn Stars (N)	Pawn Stars (N)	Ancients Behaving Badly		Crime Stories
	625	548	44	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Jeff Dunham	Blue Collar TV	Daily Show
	600	564	46	H&G	House Hunters	Property Virgin	Million Dollar Listing (N)		Bang, Buck	Genevieve	House Hunters	House Hunters	Holmes-Homes
	294	529	47	TBS	Family Guy	Family Guy	House-Payne	House-Payne	Law & Order: Special Victims		*In the Mix* ★ (2005, Comedy-Drama)		
	576	582	49	BET	106 & Park: BET's Top 10 Live		*Juwanna Mann* ★ (2002, Comedy) Miguel A. Núñez. Jr..				Michael Vick	Michael Vick	Mo'Nique
	627	528	50	SPC	Stargate Atlantis (DVS)		Lost "The Incident"		Human Target (N)		Fringe (HDTV PA) (N)		InnerSpace
	581	566	52	MTV	Peak Season	After	Cribs	Teen Mom			Teen Mom (N)		
	618	524	54	TROP	Parking Wars	Parking Wars	Rescue Ink "No Bull"		Dog Whisperer		End of Leash	Bootcamp	Tube Tales
	603	561	56	FOOD	Ricardo	Exotic	Dinner: Impossible		The F Word (N)		Good Eats	Good Eats	Restaurant
	261	394	60	V	Murder, She Wrote		Hallelujah!	When I Laugh	Quantum Leap		Unscripted (N)	Benmergui-Isr	Poltergeist
	621	527	63	STR	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		The Dr. Oz Show (HDTV)		TMZ
	553	546	65	TRE	Backyardigans	Night Garden	Waybuloo	Franklin	Little Bear	Maggie-Beast	Babar	Zigby	Max & Ruby
	526	507	249	VIVA	Cold Case		Missing The prime suspect.		The Closer		Cold Case		Psychic Inv.
	300	601	301	M1	*Bee Movie*	*Rock, Paper, Scissors: The Way of the Tosser*			*The Strangers* ★★ (2008, Suspense)			*The Ruins* (2008, Horror)	
	305	612	306	PIX	(7:10) *Major Crime* (1997, Crime Drama), David Cubitt				*A Guy Thing* ★ (2003, Romance-Comedy)			*The Nature of Nicholas*	
	520	146	-	DISC	Daily Planet (N)		How It's Made	How It's Made	Destroyed	Destroyed	License to Drill "Cabin Fever"		Daily Planet
	637	-	-	TVLND	Red Green	Red Green	Fantasy Island		Hart to Hart		Andy Griffith	Phil Silvers	Bizarre
	605	-	-	FASH	Girls Gone Good		FashionTele	RAW	Canada's Next Top Model		America's Next Top Model		Pretty Wicked

primetime | news | sports | family | cable variety

critics'corner

A Guy Thing
This 2003 comedy is actually a very bad thing on nearly every count, a grating and often tasteless waste of the personal charm of stars Jason Lee, Julia Stiles and Selma Blair. For the record, the miscast Lee stars as a guy who not very credibly falls in love with the wild-child cousin (Stiles) of his uptight fiancee (Blair). 11:40 AM on PIX



Lost
The Emmy-, Golden Globe- and Peabody Award-winning series returns for its final season with "LA X (Parts 1 and 2)," a two-hour episode wherein the aftermath from the detonation of the hydrogen bomb is revealed. Was Juliet able to reset time, allowing Oceanic Air 815 to land safely in Los Angeles, or did the bomb destroy the island? 9 PM on CTV ABC

The Musical Brain
For better or worse, we're always getting songs stuck in our heads. This special explores how the brain interprets music and uses it to shape our view of the world. It includes insights from such acclaimed musical artists as Sting, Wyclef Jean, Michael Buble and Feist. 9 PM on BVO

Warhol photos tour colleges, universities

MODERN ART ITEMS Andy Warhol kept boxes upon boxes of soup cans, receipts, fan mail and many other items, including thousands of photos he later used as inspiration for his giant paintings.

Now more than 180 colleges and university museums, and galleries around the nation are benefiting. The New York City-based Andy Warhol Foundation for the Visual Arts has donated to them more than 28,500 of Warhol's photos, worth $28 million.

"This is a little-known body of Warhol's work," Jenny Moore, curator for the foundation's Andy Warhol Photographic Legacy Program said. "We really wanted the chance to let a broader audience gain access to his photographic work."

THE ASSOCIATED PRESS

Kenya's**Style**

Kenya Hunt

Read the blog at metronews.ca/kenyasstyle

Bar loves cheap undies
Bar Refaeli loves wearing cheap underwear. The stunning model — who is the on/off girlfriend of Leonardo DiCaprio — admits she boycotts expensive panties for cheaper ones because she thinks luxury underwear is a waste of money, femalefirst.co.uk reports. METRO NEWS SERVICES

Celebrity Buzz

Follow these celebrities on Twitter...

CelebTweets

JONATHAN ROSS is making unpleasant discoveries, **NICOLE RICHIE** is taking part in history again, **DANE COOK** knows how to get over someone, and **KATY PERRY** keeps getting into trouble on Twitter.

@wossy I just coughed and a little piece of something I ate in 1985 has emerged. Back to bed for me...

@nicolerichie I was 4 years old in a studio watching my dad record We Are The World, & today I get to do it again. Excited to help make a change.

@danecook Best feeling when u see ur ex making out w/ some1 else at a movie & u dont care. Better feeling when the person ur w/ is way hotter.

@katyperry sorry mom, again. METRO WORLD NEWS

Ricky Gervais keeps it real

AMEN TO THIS Ricky Gervais is stirring up controversy after suggesting that certain people should be forbidden from reproducing.

"What there is, is too many useless people. Too many people who shouldn't have children," Gervais tells the Sunday Times. "If there's a woman in leggings, eating chips with a (cigarette) in her mouth, sterilize her." Gervais says he and his longtime girlfriend, Jane Fallon, have decided not to have children, explaining that it's "too much hassle."

METRO WORLD NEWS

Bell, Shepard engaged

WOW ... IT'S LIKE IT WAS VERY DELIBERATELY TIMED OR SOMETHING Kristen Bell and Dax Shepard had something even shinier than a Grammy to show off on the red carpet of the Staples Center Sunday night: Her engagement ring, people.com reports..

The couple, who've been together for years and currently costar in the romantic comedy feature When in Rome, are getting married. Bell's rep, Marcel Pariseau, confirms to People: "Yes they are engaged. Over the holidays."

Shepard, 35, has been on the TV shows Punk'd, My Name Is Earl and the upcoming Parenthood. Bell, 29, is best known for her role on Heroes. Both hail from Michigan.

METRO NEWS SERVICES

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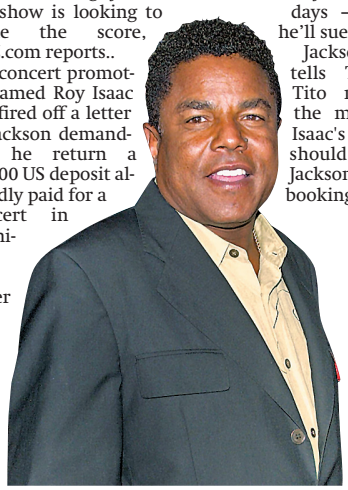
Tito under fire

MJ ... THE GOSSIP TABLOID GIFT THAT NEVER STOPS GIVING Tito Jackson is accused of single handedly torpedoing a Michael Jackson tribute concert last year — and now the guy behind the show is looking to settle the score, TMZ.com reports..

A concert promoter named Roy Isaac has fired off a letter to Jackson demanding he return a $7,500 US deposit allegedly paid for a concert in Michigan that never happened. Isaac tells TMZ the whole thing fell apart, in part, because Jackson refused to do any press for the show. Now, Isaac has told Jackson that he wants his money back — in 30 days — or else he'll sue.

Jackson's rep tells TMZ that Tito never got the money and Isaac's beef should be with Jackson's former booking agent.

METRO NEWS SERVICES



Book recalls intervention

HAPPY B-DAY, QUIT DOING DRUGS Elton John once used Donatella Versace's daughter's birthday party as a ruse to stage an intervention for the designer, according to a new book. House of Versace details how Allegra Versace allowed John to use her 18th birthday in 2004 as a chance to confront Donatella about her long-term drug use.

It worked apparently, as the designer reportedly boarded a private plane and flew to a rehab facility in Arizona the same day.

METRO WORLD NEWS

Wood tries to kick habit

ON THE WAGON, WITH A LITTLE HELP Ronnie Wood is taking anti-craving tablets to help him stop drinking, femalefirst.co.uk reports. The Rolling Stones rocker is reportedly taking one Campral tablet everyday to help him cope with the withdrawal symptoms as he attempts to reduce his alcohol intake.

Campral is the brand name for Acamprosate, which helps treat people with alcohol dependency by stopping neurotransmitters in the brain getting overexcited by alcohol withdrawal.

Apparently, the 62-year-old guitarist agreed to take the medication in a last-ditch effort to avoid being admitted to rehab. A source said: "Rehab is a last resort — he wants to do cold turkey himself."

Wood — who has battled alcoholism for years — fell off the wagon in 2008, leaving his wife of 23 years Jo for now ex-girlfriend Katia Ivanova, femalefirst.co.uk adds.

METRO NEWS SERVICES

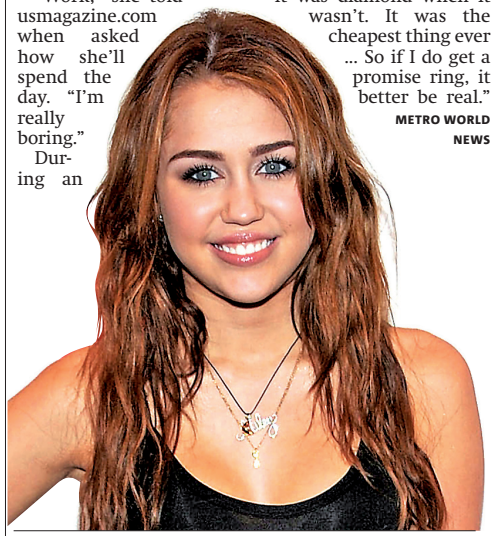
No V-Day plans for Miley

SOMEONE PHONE UP R. KELLY Miley Cyrus — who has been spotted smooching Aussie actor (and Last Song costar) Liam Hemsworth — doesn't have any plans for Valentine's Day this year, usmagazine.com reports.

"Work," she told usmagazine.com when asked how she'll spend the day. "I'm really boring."

During an E! pre-Grammy show, she denied rumours that she's engaged — or that she's been wearing a promise ring. "I bought it myself," Cyrus, 17, said of the bling. "And I got it made in London, and everyone thought it was diamond when it wasn't. It was the cheapest thing ever ... So if I do get a promise ring, it better be real."

METRO WORLD NEWS



Britney goes cross country

PLANE JANE It was a mad dash across country for Britney Spears as she tried to get to the Grammys on time. The pop star was spotted boarding a flight from Miami to L.A. Sunday morning, according to Popeater. "She was with an entourage of eight who were so nervous about not having enough time to get her red carpet ready" a stylist tells the website.

METRO WORLD NEWS

The Weather Network ©The Weather Network 2010

Today 40% Flurries -2° / -5°

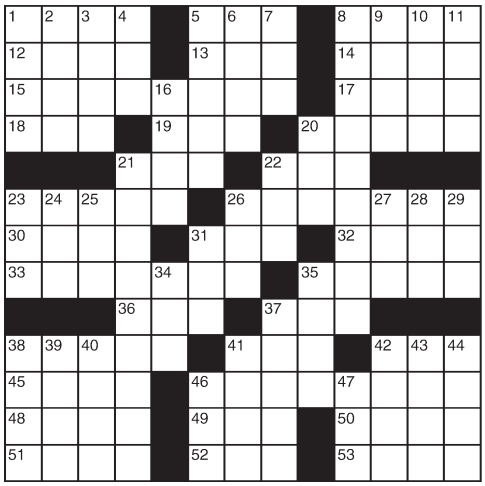
Wednesday 40% Flurries -1° / -10°

Thursday Partly cloudy -3° / -10°

TAKE THE WEATHER WITH YOU visit mobile.theweathernetwork.com

Take Five

For more delicious Metro recipes, visit: metronews.ca/food



ACROSS

1 Cleanser
5 Aviate
8 "Consarn it!"
12 Diamond Head locale
13 "7 Faces of Dr. —"
14 Sand-wich cookie
15 Leave the witness stand
17 Corrosion
18 Resistance unit
19 Coffee shop vessel
20 Trap
21 Dos Passos trilogy
22 Addressee
23 Representative
26 Showing 33-Across
30 Parliamentarian
31 Upper limit
32 Defeat decisively
33 Ennui
35 Wherewithal
36 Ply oars
37 That girl
38 At the stern
41 Slithery squeezer
42 Billboards
45 Texas city
46 Track
48 Fancy rental car
49 Buck's mate
50 Staff
51 Undo a dele
52 Whatever number
53 Surrounded by

DOWN

1 Mediocre
2 Inauguration recitation
3 Throat-clearing sound
4 Litter member
5 Plant life
6 Gnome home?
7 Thither
8 Australia
9 Geometry find
10 Approach
11 Clinton's veep
16 White-glove find
20 Spread seeds
21 In the way
22 Shrill bark
23 Priestly vestment
24 Sticky stuff
25 Blunder
26 Sweet potato
27 Glass of NPR
28 Sister
29 "Pygmalion" playwright's monogram
31 Intimidate
34 Speck
35 Vegan's no-no
37 Nonsense
38 Piercing tools
39 Fisherman's supply
40 Pinnacle
41 Blessing
42 Teensy bit
43 Sandwich shop
44 Raced
46 Rx watchdog org.
47 Resort

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	3				5			
5			9	1		4	2	
6		1					9	
	7	8		9				
			5		4			
				3		1	7	
	9					3		2
	1	2		6	3			4
			8				6	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

9	5	3	4	1	6	2	8	7
6	2	7	3	8	5	9	4	1
1	8	4	7	2	9	5	3	6
5	4	1	2	9	7	8	6	3
3	9	6	1	4	8	7	2	5
8	7	2	5	6	3	1	9	4
2	6	5	9	3	1	4	7	8
4	1	8	6	7	2	3	5	9
7	3	9	8	5	4	6	1	2

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

Salmon and Artichoke Open Omelette

INGREDIENTS:

8 eggs
1/4 lb (125 g) smoked salmon slices
1 tbsp (15 ml) chopped fresh dill
3 tbsp (45 ml) sour cream
1 1/2 tbsp (20 ml) butter
14 oz (398 ml) can baby artichokes, rinsed and quartered

METHOD:

1. Break eggs into large bowl and add 3 tbsp (45 ml) water and seasoning. Beat until combined but not foamy.
2. Cut salmon slices into 4 x 1 1/4 in. (10 x 3 cm) ribbons. Stir dill into sour cream. Preheat Broiler.
3. Heat butter in nonstick frying pan that can go under grill. When butter looks foamy, pour in egg. Cook over high heat until egg starts to set underneath. Using back of fork, stir so that liquid egg runs under set mixture. Leave to cook until omelette starts to brown underneath.
4. When omelette looks almost set, quickly top with smoked salmon strips and scatter artichoke over. Remove pan from heat and slide under grill; cook until lightly browned on top.
5. Remove from heat. Spoon dollops of sour cream on to omelette, which will melt to make light sauce. Cut into wedges and serve.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
Don't worry if you've been finding it difficult to get along with a certain individual. Venus, planet of harmony, will help you overcome your differences.

TAURUS ♉
APRIL 21-MAY 21
If there is something you want done, something that is important to you, there is no alternative but to do it yourself.

GEMINI ♊
MAY 22-JUNE 21
If you let others set the rules of the game today they will inevitably fix them so that they win and you lose.

CANCER ♋
JUNE 22-JULY 22
Think long and hard before ending an association that won't be easy to resurrect. You may be angry with someone for letting you down.

LEO ♌
JULY 23-AUG 23
Loved ones will be extra demanding today and if you get through to bedtime without losing your cool you will have done very well indeed.

VIRGO ♍
AUG 24-SEPT 22
Take it easy today, and for the next few days, because there are some busy times ahead. Changes on the work front could affect you.

LIBRA ♎
SEPT 23-OCT 23
Someone you live with or work alongside is being less than honest about what they intend to do and what they do could affect your livelihood.

SCORPIO ♏
OCT 24-NOV 22
Why are you worrying about things over which you have no control? Whatever the reason your task now is to embrace the unknown.

SAGITTARIUS ♐
NOV 23-DEC 21
Take a break from your work and think about the direction in which your life is moving. Sometimes Sagittarians can stray off course a little.

CAPRICORN ♑
DEC 22-JAN 20
You are attaching far too much importance to other people's opinions and not enough importance to your own beliefs.

AQUARIUS ♒
JAN 21-FEB 18
If you think that someone is wasting your time then let them know you don't take kindly to those who tell you one thing but mean another.

PISCES ♓
FEB 19-MARCH 20
Put minor issues out of your mind and focus only on the things that really matter. Some people may be upset that you have no time for them, though.

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Barceló Cayo Santa Maria • 4★
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Departure tax: 25 CUC cash, paid locally

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Varadero

Barceló Marina Palace • 4 1/2★
All-Inclusive • Junior suite
Feb. 4–7 • 1 wk.

$579
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Please add $50 for Fri. departures
Please add $100 for Sat. & Sun. departures
Departure tax: 25 CUC cash, paid locally

MEXICO

Puerto Vallarta

Dreams Villamagna Nuevo Vallarta • 4 1/2★
Unlimited-Luxury®
Junior suite tropical view
Mar. 2–26 • 1 wk.

PRIVILEGES
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La Romana

Gran Bahia Principe La Romana • 4 1/2★
All-Inclusive • Junior suite
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$689
+Taxes & other fees (including service charges): $306

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Occidental Grand Punta Cana • 4★
All-Inclusive
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Feb. 24 • 1 wk.

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+Taxes & other fees (including service charges): $306

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Carnival Victory®
Southern Caribbean Cruise
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Mar. 28 & Apr. 4 • 1 wk.

$1299
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$1449
+Taxes & other fees (including service charges): $272

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Hotel Ibis London Earls Court • 3★
Breakfast • Standard rm. special
Mar. 4 & 5 • 3 nts.

$549
+Taxes & other fees (including service charges): $426

Save up to 30% to London & Paris[3]

Book between Jan. 22 and Feb. 15, 2010 for travel from Jan. 22 and completed by Mar. 31, 2010.

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DOMINICAN REPUBLIC
Punta Cana

Barceló Bavaro Palace Deluxe • 4 1/2★
All-Inclusive
Junior suite deluxe
Feb. 21 • 1 wk.

$1039
+Taxes & other fees (including service charges): $306

MEXICO
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Barceló Los Cabos Palace Deluxe • 5★
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Mar. 6 & 27 • 1 wk.

$1299
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